

PERMISSION LETTER

FROM

Date:01/04/2022

Dr. Reena Raj,
Head, Department of commerce,
St. Joseph's College of Arts and Science for Women,
Hosur – 635126

TO

The Principal,
St. Joseph's College of Arts and Science for Women,
Hosur – 635126

Subject : Permission Letter for conducting Certificate Course in Yoga

Respected Madam,.

I kindly request you to grant permission to conduct a certificate course **Yoga** for B.Com and B.Com CA students. The course may require a minimum of 30 hours. The purpose of the course is to enhance the strength, balance & flexibility of students which may help them to start a venture / class of their own in future. I kindly request you to support and permit us to bring this to reality.

Thanking you,

Yours Sincerely



(Dr. REENA RAJ)

Head and Assistant Professor
Department of Commerce
St. Joseph's College of Arts and Science for Women
SIPCOT, Hosur - 635 126.



PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri-Dist.





*St. Joseph's College of Arts And Science For Women
Sipcot Hosur-635126*

with

*Shaolin Yoga Monastery Institute Of Yoga And Research
Centre*

Invites You to the Certificate Course in YOGA.

*The course gives you an opportunity of a stepping
stone to mental discipline and inner piece of mind.*

Course Duration:30hrs

Trainee:Mr. Aravinthan

For Registration

Contact Us

Co-ordinator

Department Of Commerce

Mobile No:9994799275

8807920843





Content

- Warm up exercise
- Leg strengthening exercise
- Different Abdominal strengthening exercise
- Different Shoulders strengthening exercise
- Punches with Different directions
- Different kicks
- Different block techniques
- Blocks with combination
- Basic gymnastics
- Basic forms techniques
- Filmetic fighting techniques
- Basic self defense techniques
- Weapon (Nunjak)

