

Loyola College (Autonomous) Chennai - 600034

Yoga Practice in Loyola Hostel (2013 – 2015)

Realizing yoga can be very effective in developing concentration and mental well – being, Loyola Hostel organized regular Yoga classes for the hostellers. Mr. Nethaji, II MSc chemistry, an acclaimed Yoga Master initiated 30 hostellers in Yoga practice. At day break everyday, 40 hostellers used to assemble in Sauliere Hall, Basketball Court and begin the day with Pranayama. The yoga sessions last for 45 minutes and at the end of six months, hostellers realized “yoga relaxes their mind, centers attention, sharpens concentration, increases the ability to concentrate”. The regular yoga practice improved their coordination of mind and body, reaction time, memory and even IQ scores, the ability to solve problems and acquire recall information better.

1	NETHAJI R	13-PCH-012 (Yoga Master)
2	ARUL ANAND RAJ K	13-ST-003
3	ARUL DASS FLEURY I	13-BC-108
4	ARUN YOSUVA J	13-PB-010
5	ARUNKUMAR A	13-EC-039
6	AVINASH R	13-MT-018
7	DINESH KUMAR M	13-PH-205
8	DIVAN SINGH S	13-PB-033
9	FREDY JOSE F	13-MT-053
10	GOUTHEM G	13-CO-403
11	GOVINDAN K	13-CO-006
12	HARI HARAN G V	13-HT-020
13	HARISSHKRISHNA D K	13-CA-049
14	JAYAPRAKASH R	13-HT-057
15	JOE PRADEEP P	13-MT-052
16	JOHN FRANCIS A	13-CS-107
17	KANAGARAJ G	13-TL-002
18	MAGESH P	13-CA-053
19	MARTIN P	13-EC-040
20	MICHAEL BENITTO J	13-CS-035
21	NAVEEN R	13-VC-044
22	PARTHASARATHY S	13-EC-350
23	RAJ PRASAD G	13-SO-058
24	RUTHRAMOORTHY S	13-SO-009
25	SAM MATHEW DONALD A	13-PB-006
26	CHANTHANA SESU X	13-PH-011
27	SUBAMANOJ K	13-HT-023
28	VICTOR ANTONY N T	13-PH-016
29	VIGNESH S	13-ST-014
30	VIGNESH V	13-MT-238
31	VIJAYAKUMAR S	13-MT-072



Principal











