



ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR - 603 103

YOGA CLUB

Ref: AIHT/YC /2020-2021

Date: 15.07.2020

From,

The Convener,  
Yoga cell  
Anand Institute of Higher Technology  
Chennai -603103

To,

The Principal,  
Anand Institute of Higher Technology,  
Chennai - 603103.

Respected Sir/Madam,

**Sub:** Requisition letter to conduct the **Yoga and Meditation** program for 1 year Students - Reg

As an initiative to the student's welfare, it has been decided to conduct the "MANAVALAKALAI MANDRAM - KAYAKALPA" Yoga & Meditation session to all first students by yoga cell on 08.08.2020. So I request you to grant the permission for successful implementation of the session.

*M. Murugesan*  
Convener

Copy to

1. The Secretary
2. The Principal



**ANAND INSTITUTE OF HIGHER TECHNOLOGY**  
**KAZHIPATTUR - 603 103**

**YOGA CLUB**

**Ref: AIHT/YC /2020-2021 /C1**

**Date: 20.07.2020**

**Circular**

The YOGA committee meeting will be held on 24.07.2020 at 11.00 am in the Conference hall. All the committee members are requested to attend the meeting.

**Agenda:**

1. To discuss about the conduct of Kayakalpa Yoga & Meditation
2. To assign the roles and responsibilities.
3. To pass the information to the students.

*M. S. S. S.*  
Convener

**Copy to**

1. The Secretary
2. The Principal
3. Head of the Departments
4. Class Coordinators
5. Department notice Board
6. To be read in all classes



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YOGA CLUB

MEETING ATTENDANCE (24.07.2020)

S. No.	Name of Faculty	Designation
1	Mr.Nagarajan	Convener
2	Mrs.Sumithra devi	Coordinator
3	Urmila	President
4	Jeyasree	Vice President
5	Nadeem Hamid	Student Member
6	Gowthaman	Student Member
7	Saranya	Student Member
8	Prakalya	Student Member
9	Pricilia	Student Member
10	Gokul	Student Member



# ANAND INSTITUTE OF HIGHER TECHNOLOGY

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## YOGA CLUB

### Minutes of Meeting

Ref: AIHT/YC /2020-2021/MM1

Date: 24.07.2020

Meeting of the Yoga Cell committee was held on 24.07.2020 at 11.00 am in the Conference hall.  
The following members have attended the same.

S. No.	Name of Faculty	Designation
1	Mr.Nagarajan	Convener
2	Mrs.Sumithra devi	Coordinator
3	Urmila	President
4	Jeyasree	Vice President
5	Nadeem Hamid	Student Member
6	Gowthaman	Student Member
7	Saranya	Student Member
8	Prakalya	Student Member
9	Pricilia	Student Member
10	Gokul	Student Member

#### Points Discussed:

- The Convener welcomed the gathering
- The coordinator reviewed the progress of the previous meeting
- Discussed about the Kayakalpa Yoga & Meditation to be conducted 08.08.2019. The various roles and responsibilities are assigned to the committee members for the conduction of the program.
- Instructed to inform all the students about the program.
- Discussed about comfortable and quiet space, roll out mat and other necessary items.
- The meeting ended with vote of thanks.

*Murugan*  
Convener



## ANAND INSTITUTE OF HIGHER TECHNOLOGY

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### YOGA CLUB

#### REPORT ON KAYAKALPA YOGA & MEDITATION (2020-2021)

Venue : Main Auditorium  
Title : Kayakalpa Yoga & Meditation  
Speaker : Brama kumara sister  
Date : 24.07.2020

Anand Institute of Higher Technology joined hands with Manavalakalaimandram members to organize Kayakalpa Yoga classes for all B.E/B. Tech and MBA students. The main aim of this session was to recognize how stress can be effectively managed in different ways. They develop sustained attention to observe their thoughts and emotions without identifying themselves with them, observing the adaptive and non-adaptive content as soon they appear in the mind. As a result, it helped to reduce the tendencies which charge these non-adaptive thoughts and emotions. The session was thus valuable for both faculty members and students. Along with dignitaries Dr.S.Arivalagi, Secretary, AIHT, Principal, faculty members were present on this occasion.

Kayakalpa has a threefold objective

- Maintaining youthfulness and physical health.
- Resisting and slowing down the aging process.
- Postponing death until one reaches spiritual perfection.

#### **BENEFITS OF KAYAKALPA**

- Kayakalpa slows down the ageing process and extends the normal life span
- It boosts immune system to prevent infections and diseases
- It helps to correct unhealthy habits and transforms lifestyle
- It brings emotional calmness and spiritual satisfaction.
- It also involves physical activity, which helps to maintain weight.

Initially, Kayakalpa Yoga & Meditation committee members conducted an introduction on meditation. The students were regularized by both the committee members and our faculty

members. The session was enhanced to be prolific for stress reduction and emotional wellness. Later they discussed on the benefits of meditation and how it will be stable in our chaotic mind. In a word the session was very tranquil.

The tabulation below encloses the name list of students participated in the program.

**ANAND INSTITUTE OF HIGHER TECHNOLOGY, KAZHIPATTUR**

**CHENNAI - 603 103**

S.NO	STUDENTS NAME	DEPARTMENT
1	ANJALIL	III MECH
2	ARPUTHAUMARIYALA	I CSE
3	ASWINIJ	I CSE
4	BENICYKA.D	I CSE
5	GOKUL SANJEEV.V	I CSE
6	GOMATHY.P	I CSE
7	HARIHARAN.B	I CSE
8	HARIHARAN.K	I CSE
9	HARINIPRIYA.K	I CSE
10	HARISH.M.R.	I CSE
11	HEMANTH KUMAR.A	I CSE
12	INDHU.S	I CSE
13	JAI KAMESH.S	I CSE
14	JAYASAKTHI.P	I CSE
15	KAROLIN MARGRAT.M	I CSE
16	KRITHIKA.A	I CSE
17	MANOJITHA.M	I CSE

18	MEHANTHILA	I IT
19	MOHANA PRIYA.P	I IT
20	POOJA.N	I IT
21	POORANI.V	I IT
22	RAHUL.M	I IT
23	RISHIBA.D	I IT
24	SHANMUGA PRIYA.T	I IT
25	SNEGA.M	I IT
26	SOUNDARYA.G	I IT
27	SUBISHA.T	I CSE
28	SWATHLS	I CSE
29	VAISHNAVIS	I CSE
30	VARSHINI.V	I CSE
31	YASMIN.T	I IT
32	MONISHA M	II CSE
33	MOUNIKA V	II CSE
34	NANDHA KUMAR S	II CSE
35	NARAAYANAN T	II CSE
36	NEELRAJ S	II IT
37	NOKITHA V M	III MECH
38	PAVITHRA V	III MECH
39	PAYEELAVAN D P	III MECH
40	PONRAJ A	III MECH
41	POOJA E	III MECH

42	PRATHIBA S	III MECH
43	PREAM KUMAR D	III MECH
44	PRIYADHARSHINI C	III CSE
45	PRIYADHARSHINI R	III CSE
46	RAGUL K	III CSE
47	RAHUL D	III ECE
48	RAJESH D	III ECE
49	RAMKUMAR G M	IV IT
50	RANJITH KUMAR V	IV IT
51	RASHIKA S	IV ECE
52	RASIKA S	IV IT
53	RICHARD NICHOLAS M	IV ECE
54	ROSHINI M	IV ECE
55	SABESHWARAN R	IV ECE
56	SANJAY RAHUL P	IV ECE
57	SANTHOSH KUMAR P	IV ECE
58	SARAN V	IV ECE
59	SARUMATHI S	IV ECE
60	SATHYA MOORTHY A	IV ECE





# ANAND INSTITUTE OF HIGHER TECHNOLOGY

(KALASALINGAM GROUP OF INSTITUTIONS)  
KALASALINGAM NAMGAR, OLD MAHABALIPURAM ROAD  
KAZHIPATTUR - 603 103



## CERTIFICATE OF PARTICIPATION

This is to certify that Mr/Ms. \_\_\_\_\_ of FIRST  
YEAR \_\_\_\_\_ has attended the "MANAVALAKALAI MANDRAM - KAYAKALPA  
YOGA & MEDITATION" on 24.07.2020 during the academic year 2020 - 2021.

*M. S.H. Di*  
CO ORDINATOR

*Anand*  
PRINCIPAL