



ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR – 603 103

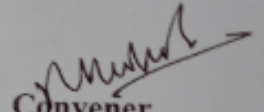
YOGA CLUB

Ref: AIHT/YC /2022-2023/C1

Date: 08.09.2022

Circular

The committee members plan to conduct Yoga and Meditation Program for the students. This is to inform that Yoga and Meditation Club of Anand Institute of Higher Technology in collaboration with Bharama kumari, organizes **Health & Youth Empowerment Yoga & Meditation** sessions for a week from 19.09.2022 to 24.09.2022 (timing 5.30pm to 7.30pm) for our students. The meeting for yoga committee members will be held on 10.09.2022 at 11.00 am in the Conference hall. All the committee members are requested to attend the meeting.


Convener

Copy to

1. The Secretary
2. The Principal
3. Head of the Departments
4. Class Coordinators
5. Department notice Board
6. Hostel Notice Board



ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR - 603 103

YOGA CLUB

MEETING ATTENDANCE (10.09.2022)

S. No.	Name of Faculty	Designation	Signature
1	Mr.Murali	Convener	Murali
2	Mrs.Kayalvizhi	Coordinator	Kayalvizhi
3	Mr.Manikandan	Faculty Member	Manikandan
4	Aakesh	President	Aakesh
5	Priya	Vice President	Priya
6	Saranya	Student Member	Saranya
7	Jayashri	Student Member	Jayashri
8	Pavithra	Student Member	Pavithra
9	Sanjay	Student Member	Sanjay
10	Christina	Student Member	Christina



ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR – 603 103

YOGA CLUB

Minutes of Meeting

Ref: AIHT/YC /2022-2023/MM1

Date: 12.09.2022

Meeting of the Yoga Cell committee was held on 10.09.2022 at 11.00 am in the Conference hall.

The following members have attended the same.

S. No.	Name of Faculty	Designation
1	Mr.Murali	Convener
2	Mrs.Kayalvizhi	Coordinator
3	Mr.Manikandan	Faculty Member
4	Aakesh	President
5	Priya	Vice President
6	Saranya	Student Member
7	Jayashri	Student Member
8	Pavithra	Student Member
9	Sanjay	Student Member
10	Christina	Student Member

Points Discussed:

1. The Convener welcomed the gathering.
2. The Coordinator reviewed the progress of the previous meeting.
3. Discussed the **Health & Youth Empowerment Yoga & Meditation** which is conducted from 19.09.2022 to 24.09.2022.

4. Students have an opportunity to free their mind and bodies and yoga helps to reduce stress and anxiety.
5. The various roles and responsibilities are assigned to the committee members for the conduction of the program.
6. Instructed to inform all the students about the program.
7. Discussed about comfortable and quiet space, roll out mat and other necessary items.
8. Discussed with the committee members to make the arrangement.
9. The meeting ended with a vote of thanks.

N. N. N.
Convener



ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR – 603 103

YOGA CLUB

REPORT ON RAJA YOGA MEDITATION (2022-2023)

Venue : Main Auditorium

Title : Health & Youth Empowerment Yoga & Meditation

Speaker : K. Partheeban

Date : 26.09.2022

Anand Institute of Higher Technology in collaboration with Raja Yoga Meditation - Brahma Kumari Sisters organizes Health & Youth Empowerment Yoga and Meditation classes for hostel students. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind etc. This activity seeks to do yoga practice of yoga taught by external trainers, followed by an exploration of meditation especially for hostel students from 19.09.2022 to 24.09.2022. The dignities present on this occasion were the Secretary, the Principal, Boys Hostel Warden & Girls Hostel Warden. This session hopes to promote health and prosperity in student's minds as it is important to outline that yoga is a practice aimed at improving health and brain activity.

Objectives:

- To enable students to understand the significance of yoga and meditation
- To help students maintain good health
- To develop habits for a healthy life
- To attain a higher level of consciousness
- To help students have improved focus and mental clarity
- To enhance self-confidence
- Spiritual boost
- Calms the mind

Traditionally, the Brahma Kumari conducted an introduction to meditation classes for a week for hostel students. The Physical Director and the hostel warden usually regularize the hostel students. The sessions include open-eyed meditation technique and its philosophy. The organization also offers courses in positive thinking, self management leadership and living values. Mostly the students experience more difficulties during their academic programme. The

biggest challenge to academic success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. It also enhances to improve concentration, memory power and sharpens the focus of the students. It is also prolific for stress reduction and emotional wellness. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful.

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	ATTENDANCE
1	Anna Regina G	I CSE	Present
2	Ezhiloviyam N K	I CSE	Present
3	Girija S	I CSE	Present
4	Jananiya K R	I CSE	Present
5	Madhanumitha M	I CSE	Present
6	Nisha R	I CSE	Present
7	Nivethitha S	I CSE	Present
8	Savitha S	I CSE	Present
9	Sharmila R	I CSE	Present
10	Anand R	I CSE	Present
11	Aravin Sekar G	I CSE	Present
12	Ikshana Sagaya Jose M	I CSE	Present
13	Mahendran S	I CSE	Present
14	Manoj Kumar S	I CSE	Present
15	Mohammed Mudasser N	I CSE	Present
16	Sasi Anand R	I CSE	Present
17	Shakiba K	I IT	Present
18	Shaleem New Begin	I IT	Present
19	Surendhar R	I IT	Present
20	Yogeshwaran P	I IT	Present
21	Gokul	I IT	Present
22	Morika P	I IT	Present
23	Subashree S	I IT	Present
24	Varsha M	I IT	Present
25	Anand R	I IT	Present
26	Aravin Sekar G	I CSE	Present
27	Ikshana Sagaya Jose M	I CSE	Present
28	Mahendran S	I CSE	Present
29	Manoj Kumar S	I CSE	Present
30	Mohammed Mudasser N	I IT	Present
31	Sasi Anand R	I IT	Present

32	Shakthi K	II CSE	Chakri
33	Shalom New Begin	II CSE	S.K.P
34	Surendhar R	II CSE	S.K.P
35	Yogeshwaran P	II CSE	S.K.P
36	Gokul	II IT	S.K.P
37	Manoj	III MECH	S.K.P
38	Anand R	III MECH	Anand
39	Aravin Sekar G	III MECH	Anand
40	RDhana Sagaya Jose M	III MECH	Chakri
41	Mahendran S	III MECH	Madhavan
42	Manoj Kumar S	III MECH	Manoj Kumar
43	Mohammed Mudassar N	III MECH	M.M.S.N
44	Sasi Anand R	III CSE	Sasi Anand
45	Shakthi K	III CSE	S.K.P
46	Shalom New Begin	III CSE	S.K.P
47	Surendhar R	III ECE	S.K.P
48	Yogeshwaran P	III ECE	S.K.P
49	Gokul	IV IT	S.K.P
50	Monika P	IV IT	S.K.P
51	Nivethitha S	IV ECE	S.K.P
52	Savitha S	IV IT	S.K.P
53	Sharmila R	IV ECE	S.K.P
54	Shivarajyani A	IV ECE	S.K.P
55	Subashree S	IV ECE	S.K.P
56	Vaasha M	IV ECE	S.K.P
57	Anandraj R	IV ECE	Anandraj R
58	Aravin Sekar G	IV ECE	Anandraj R
59	Sagaya Jose M	IV ECE	Anandraj R
60	Mahendran S	IV ECE	Anandraj R
61	Manoj Kumar S	IV IT	Anandraj R
62	Mohammed Mudassar N	IV ECE	Anandraj R



ANAND INSTITUTE OF HIGHER TECHNOLOGY


(KALASALINGAM GROUP OF INSTITUTIONS)

KALASALINGAM NAGAR, OLD MAHABALIPURAM ROAD
KAZHIPATTUR - 603103



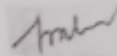
CERTIFICATE OF PARTICIPATION

This is to certify that Mr/Ms. _____ of _____
has successfully completed the "Heath and Youth Empowerment Yoga and Meditation"
from 19.09.2022 to 24.09.2022 during the academic year 2022 - 2023.



COORDINATOR





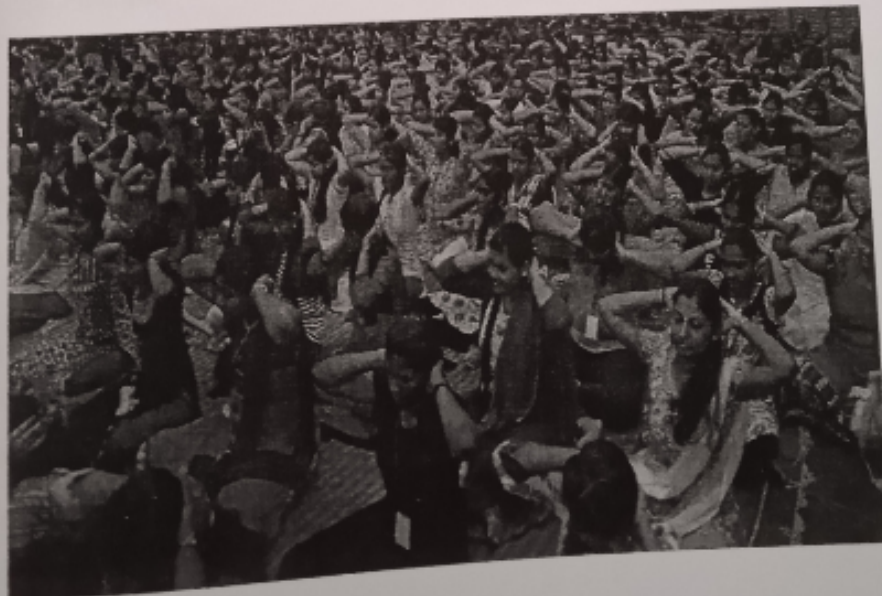
PRINCIPAL

2022

20-20



Students Participating the YOGA program



2022

20-