



ANAND INSTITUTE OF HIGHER TECHNOLOGY
KAZHAKUTTIUR - 605 002

YOGA CLUB

Ref: AIHT/YC /2021-2022

Date: 20.08.2021

From,

The Convener,
Yoga cell
Anand Institute of Higher Technology
Chennai - 605002

To,

The Principal,
Anand Institute of Higher Technology,
Chennai - 605002.


Respected Sir/Madam,

Sub: Health & Youth Empowerment Yoga & Meditation - Reg

As an initiative to the student's welfare, it has been decided to conduct the Health & Youth Empowerment Yoga & Meditation session to all students by yoga cell from 21.09.2021 to 24.09.2021 (one week). So I request to grant the permission for conducting the above mentioned programme.

Copy to

1. The Secretary
2. The Principal


Convener



ANAND INSTITUTE OF HIGHER TECHNOLOGY
RAJHAPATPUR - 603 103

YOGA CLUB

Ref: AHH/VC/3030-3031/1

Date: 21.08.2021

Circular

The meeting for yoga committee members will be held on 26.08.2021 at 11.00 am in the Conference hall. All the committee members are requested to attend the meeting.

Meeting agenda:

Discussion about Health Empowerment of youth through Yoga & Meditation to be conducted from 21.08.2021 to 24.08.2021.


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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



ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR – 603 103

YOGA CLUB

MEETING ATTENDANCE (26.08.2021)

S. No.	Name of Faculty	Designation	Signature
1	Mr.Murali	Convener	<i>Murali</i>
2	Mrs.Sumithra devi	Coordinator	<i>Sumithra</i>
3	Mr.Manikandan	Faculty Member	<i>Manikandan</i>
4	Guhan	President	<i>Guhan</i>
5	Mouleeswari	Vice President	<i>Mouleeswari</i>
6	Divya	Student Member	<i>Divya</i>
7	Maragatha ganapathi	Student Member	<i>Maragatha</i>
8	Delcy	Student Member	<i>Delcy</i>
9	Abinaya	Student Member	<i>Abinaya</i>
10	Pradeep	Student Member	<i>Pradeep</i>



ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR - 603 103

YOGA CLUB

Minutes of Meeting

Ref: AIHT/YC /2020-2021/MM1

Date: 27.08.2021

Meeting of the Yoga Cell committee was held on 26.08.2021 at 11.00 am in the Conference hall.

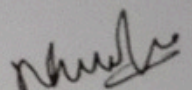
The following members have attended the same.

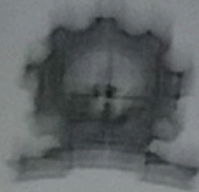
S. No.	Name of Faculty	Designation
1	Mr.Murali	Convener
2	Mrs.Sumithra devi	Coordinator
3	Mr.Manikandan	Faculty Member
4	Guhan	President
5	Mouleeswari	Vice President
6	Divya	Student Member
7	Maragatha ganapathi	Student Member
8	Delcy	Student Member
9	Abinaya	Student Member
10	Pradeep	Student Member

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 to be conducted from 21.09.2021 to 24.09.2021.

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.


Convener



K. J. SOMAIYA INSTITUTE OF HIGHER TECHNOLOGY
K. J. SOMAIYA CENTER - 405 115

YOGA CLUB

REPORT ON R. C. C. YOGA MEDITATION (2020-2021)

Name : Ujjwal Kulkarni
Title : Health & Youth Empowerment Yoga & Meditation
Speaker : Ujjwal Kulkarni
Date : 21/09/2021

K. J. Somaiya Institute of Higher Technology in collaboration with Raja Yoga Meditation - Bhavana Prasanghi Trust has organized 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 spiritual masters, followed by an exploration of meditation especially for hostel students from 21/09/2021 to 24/09/2021. The dignitaries present on this occasion were the Secretary, the Principal, Boys Hostel Warden & Girls Hostel Warden. This session hopes to promote health and prosperity of student's minds as it is important to outline that yoga is a practice aimed at improving health and inner activity.

Objectives

1. To enable students to understand the significance of yoga and meditation
2. To help students maintain good health
3. To develop habits for a healthy life
4. To attain a higher level of consciousness
5. To help students have heightened focus and mental clarity
6. To enhance self-confidence
7. Spiritual development
8. Calm 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 organisation 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	ANJALI L	III MECH	Anjali
2	ARPUTHAUMARIYAL A	I CSE	Arputhaumariya
3	ASWINI J	I CSE	Aswin
4	BENICYKA D	I CSE	Banicyka
5	GOKUL SANJEEV V	I CSE	Gokul Sanjeev
6	GOMATHY P	I CSE	Gomathi
7	HARIHARAN B	I CSE	Harisharan
8	HARIHARAN K	I CSE	H. Harsharan
9	HARINIPRIYA K	I CSE	H. K.
10	HARISH M.R.	I CSE	Harish
11	HEMANTH KUMAR A	I CSE	Hemant A.
12	INDHU S	I CSE	Indhu S
13	JAI KAMESH S	I CSE	Jai Kamesh
14	JAYASAKTHI P	I CSE	Jayakathi
15	KAROLIN MARGRAT M	I CSE	Karolin
16	KRITHIKA A	I CSE	Krithika
17	MANOJITHA M	I IT	Manojitha
18	MEHANTHLA	I IT	Mehantha
19	MOHANA PRIYA P	I IT	Mohana
20	POOJA N	I IT	Pooja
21	POORANI V	I IT	Poorani
22	RAHUL M	I IT	Rahul
23	RISHIBA D	I IT	Rishiba
24	SHANMUGA PRIYA T	I IT	Shanmuga
25	SNEGA M	I IT	Sneha M
26	SOUNDARYA G	I IT	Soundarya G

27	SUBISHA.T	I CSE	Subisha.T
28	SWATHI.S	I CSE	Swathi.S.
29	VAISHNAVI.S	I CSE	Vaishnavi.
30	VARSHINI.V	I CSE	Varshini
31	YASMIN.T	I IT	Yasmin
32	MONISHA.M	II CSE	Monisha
33	MOUNIKA.V	II CSE	Mounika
34	NANDHA KUMAR.S	II CSE	Nandhakumar
35	NARAYANAN.T	II CSE	Narayanan
36	NEELRAJ.S	II IT	Neeraj
37	NOKITHA.V.M	III MECH	Nokitha
38	PAVITHRA.V	III MECH	Pavithra
39	PAYEELAVAN.D.P	III MECH	Payal
40	PONRAJ.A	III MECH	Ponraj
41	POOJA.E	III MECH	Pooja
42	PRATHIBA.S	III MECH	Prathiba
43	PREAM KUMAR.D	III MECH	Preamkumar
44	PRIYADHARSHINI.C	III CSE	Priyadharsini
45	PRIYADHARSHINI.R	III CSE	Priyadharsini
46	RAGUL.K	III CSE	Rahul
47	RAHUL.D	III ECE	Rahul
48	RAJESH.D	III ECE	Rajesh
49	RAMKUMAR.G.M	IV IT	Ramkumar
50	RANJITH KUMAR.V	IV IT	Ranjith Kumar
51	RASHIKA.S	IV ECE	Rashika
52	RASIKA.S	IV IT	Rasika
53	RICHARD NICHOLE.S.M	IV ECE	Richard
54	ROSHINI.M	IV ECE	Roshini
55	SABESHWARAN.R	IV ECE	Sabeshwaran
56	SANJAY RAHUL.P	IV ECE	Sanjay Rahul
57	SANTHOSH KUMAR.P	IV ECE	Santhosh Kumar
58	SARAN.V	IV ECE	Saran
59	SARUMATHI.S	IV ECE	Sarumathi
60	SATHYA MOORTHY.A	IV ECE	Sathya Moorthy



ANAND INSTITUTE OF HIGHER TECHNOLOGY

(KALASALINGAM GROUP OF INSTITUTIONS)

KALASALINGAM NAGAR, OLD MAHABALIPURAM ROAD

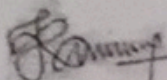
KAZHIPATTUR - 603103



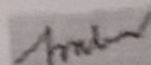
CERTIFICATE OF PARTICIPATION

This is to certify that Mr./Ms. _____ of _____

has successfully completed the "Heath and Youth Empowerment Yoga and Meditation"
from 20.09.2021 to 24.09.2021 during the academic year 2021 - 2022


COORDINATOR




PRINCIPAL



Students Participating the YOGA program

