

Capacity Development and Skills
Enhancement Activity

LIFE SKILLS -YOGA

28 June 2018

From

Dr. S. Vijayalakshmi,
Yoga Club In-charge,
Rajiv Gandhi College of Engineering and Technology,
Kirumampakkam, Puducherry - 607 403.

To

The Principal,
Rajiv Gandhi College of Engineering and Technology,
Kirumampakkam, Puducherry - 607 403.

Respected Sir,

Sub: Need permission to celebrate International Yoga Day July 2018 for CSE, ECE, IT,
MECH, EEE and BME Department Students – req. - reg.

On behalf of Yoga Club, we have planned to celebrate International Yoga Day' 18 for CSE, ECE,
IT, MECH, EEE and BME students in our college campus in PG Block ,1st floor Seminar Hall on 6th July
2018 at 9.00 AM.

I kindly request you to grant permission to conduct this program.



Thanking you,

Yours sincerely,



(Dr. S. Vijayalakshmi)
YOGA Club In-Charge

Dr. S. VIJAYALAKSHMI
Yoga Club In-charge
Rajiv Gandhi College of
Engineering and Technology
Puducherry - 607 403.



Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I.M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.

Website : www.rgcetpdy.ac.in



RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

YOGA CLUB - ACADEMIC YEAR 2018-2019


No: RGCET/YogaClub/Circular/2018-19/YC01

Date: 02.07.2018

CIRCULAR

Our Yoga Club has planned to conduct the International Yoga Day'18 for our students on 06.07.2018. We request all the students to participate and get benefited.

All are invited


YOGA CLUB IN-CHARGE
Dr. S. VIJAYALAKSHMI
Yoga Club In-charge
Rajiv Gandhi College of
Engineering and Technology,
Puducherry - 607 403.

Copy to:

1. Circulate to all Faculty Members and students of all departments.
2. Notice board / file.


Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IT Maths)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.



Rajiv Gandhi College of Engineering and Technology
PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

International

YOGA
day
(IYD)

TO CELEBRATE IYD'18 FOR OUR
STUDENTS ORGANIZED BY
YOGA CLUB

DATE  July 06, 2018 TIME  09.00 A.M.

VENUE  Seminar Hall

RV
Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I.M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
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International Yoga Day Report

| | |
|----------------------|--|
| Date: | 6 th July 2018 |
| Venue: | Seminar Hall, I Floor, PG Block |
| Organized by: | YOGA Club |
| Objective: | To balance within the body or between the mind and body, but also equilibrium in one's interaction with the outside world. |

Event:


The event commenced with a ceremonial lighting of the lamp by Dr.E.Vijayakrishna Rapaka, Principal, RGCE followed by a brief introduction about the significance of yoga in modern life.

Yoga Sessions: Participants were engaged in various yoga sessions conducted by certified instructors. The sessions included:

- o Nadi Shudhi, Nadha Yoga
- o Suriya Sakthi
- o Pranayama and Meditation

Experienced practitioners demonstrated advanced yoga poses and techniques, inspiring beginners and enthusiasts alike. Experts delivered talks on the health benefits of yoga, emphasizing its role in stress reduction, flexibility improvement, and overall fitness. The event featured cultural performances showcasing yoga's cultural roots and its global impact. Faculty from all the departments participated in the event and were benefited. The event concluded with a closing ceremony thanking participants, volunteers, and sponsors for their support in making the event successful.

The International Yoga Day celebration on 6th July was a resounding success, bringing together individuals from all walks of life to experience the transformative power of yoga. The event not only promoted physical health but also highlighted yoga's role in achieving mental peace and spiritual harmony.


YOGA CO-ORDINATOR
Dr. S. VIJAYALAKSHMI
Yoga Club In-charge
Rajiv Gandhi College of
Engineering and Technology
Puducherry - 607 403.


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B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I.M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402-

PHOTOGRAPHS OF YOGA SESSION CONDUCTED IN SEMINAR HALL



Dr. E. Vijayakrishna Rapaka

Dr. E. VIJAYAKRISHNA RAPAKA

B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,

PRINCIPAL

Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.



arney
Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.J.I.L.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402

Website : www.rgcepdya.ac.in



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LIST OF PARTICIPATED STUDENTS FOR INTERNATIONAL YOGA DAY – 6 JULY 2018

| S.NO | NAME | DEPT/YEAR |
|------|--------------------------|-----------|
| 1 | JISHNU NK | II CSE |
| 2 | DIVYA T | II CSE |
| 3 | MAGESHKUMAR R | II CSE |
| 4 | MEDHA T | II CSE |
| 5 | NANDHINI G | II CSE |
| 6 | SOMU A | III CSE |
| 7 | SORNA G | III CSE |
| 8 | YOGA K | III CSE |
| 9 | CHANDOLUMANIMALA R | III CSE |
| 10 | SASIDHARAN C | III CSE |
| 11 | SARIKA N | IV CSE |
| 12 | SINDHUJA B | IV CSE |
| 13 | SUBASRI T | IV CSE |
| 14 | THAMIZH SELVAN S | IV CSE |
| 15 | VAISHALI T | IV CSE |
| 16 | MARAN R | II IT |
| 17 | AKASH S | II IT |
| 18 | ARTHI KT | II IT |
| 19 | DHIVYA DHARSHINI B | II IT |
| 20 | KAMALI S | II IT |
| 21 | JAYASRI R | III IT |
| 22 | LOBAMUTHRA S | III IT |
| 23 | RAJA V | III IT |
| 24 | SYED AFRIDHA SUHAINA M | III IT |
| 25 | JEGAN D | III IT |
| 26 | RAGULRAJ M | IV IT |
| 27 | ROHAN .P | IV IT |
| 28 | SIVA BALA SUBRAMANIAM .K | IV IT |
| 29 | UMA B | IV IT |
| 30 | YOGESH . S | IV IT |
| 31 | DIRAVIYA I | I ECE |
| 32 | GIRIJA V | I ECE |
| | PRIYANKA R | I ECE |

E. VIJAYAKRISHNA

B.Tech. (Mech.), M.Tech.(Energy), Ph.D.

M.Sc.S.T.E., F.I.I.P.E., F.I.S.T.E.

PRINCIPAL

Gandhi College of Engineering & Technology

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| | | |
|----|-----------------------|---------|
| 34 | RAHMANSHAREEF M | I ECE |
| 35 | SNEKHA V | I ECE |
| 36 | DHAVID .S | II ECE |
| 37 | HEMA .D | II ECE |
| 38 | KISHORE .K | II ECE |
| 39 | PRIYA .B | II ECE |
| 40 | PRIYADHARSHINI .M | II ECE |
| 41 | AKSHAYA N | III ECE |
| 42 | ARAVIND V | III ECE |
| 43 | DINESH T | III ECE |
| 44 | MEENA S | III ECE |
| 45 | MYTHILI S | III ECE |
| 46 | ARUN RATHNARAJ P | IV ECE |
| 47 | BABY ANILAA R | IV ECE |
| 48 | DIVYA. J | IV ECE |
| 49 | GAYATHRI V | IV ECE |
| 50 | KALPANA .J | IV ECE |
| 51 | NIVETHA M | II EEE |
| 52 | PRASHANTH T | II EEE |
| 53 | SANJAY V | II EEE |
| 54 | SUBASH CHANDRA BOSE C | II EEE |
| 55 | ANANDH R | II EEE |
| 56 | AJITH N | III EEE |
| 57 | AJITHKUMAR M | III EEE |
| 58 | BALAJI M | III EEE |
| 59 | RAMANI S | III EEE |
| 60 | SARAVANAN M | III EEE |
| 61 | AMSA A | IV EEE |
| 62 | ANANDHASELVAM J | IV EEE |
| 63 | BALAJI R | IV EEE |
| 64 | KEERTHANA J | IV EEE |
| 65 | RAJA R | IV EEE |
| 66 | DHIVYA M | II BME |
| 67 | DINESH A | II BME |
| 68 | GUKAN A | II BME |


Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I.M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
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| | | |
|----|------------|---------|
| 69 | HARISH A | II BME |
| 70 | KAVERI G | II BME |
| 71 | ARUN S | III BME |
| 72 | DURGA K | III BME |
| 73 | HARI P | III BME |
| 74 | KAVITHA K | III BME |
| 75 | PRABU M | III BME |
| 76 | ARUN A | IV BME |
| 77 | GOPI G | IV BME |
| 78 | ILAMATHY G | IV BME |
| 79 | KAVIYAA R | IV BME |
| 80 | NIVEDHA A | IV BME |
| 81 | AJITH S | II MECH |


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Dr. S. VIJAYALAKSHMI
Yoga Club In-charge
Rajiv Gandhi College of
Engineering and Technology
Puducherry - 607 403.


Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IT) (M.S. 95)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.



Rajiv Gandhi College of Engineering and Technology
PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

CERTIFICATE

of Participation

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Divya T

of II-CSE for participating in the International Yoga Day conducted by
Yoga club of Rajiv Gandhi College of Engineering and Technology on
06th July 2018

S. V. Lakshmi
DR.S.VIJAYALAKSHMI
Yoga Club Incharge

Dr. E. Vijayakrishna Rapaka
Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.i.i.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402

Dr. E. Vijayakrishna Rapaka
DR.E.VIJAYAKRISHNA RAPAKA
Principal



Rajiv Gandhi College of Engineering and Technology

PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

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S. S. S.
DR.S.VIJAYALAKSHMI
Yoga Club Incharge

over
Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.

V. V. V.
DR.E.VIJAYAKRISHNA RAPAKA
Principal



Rajiv Gandhi College of Engineering and Technology

PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

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S. Viji

DR.S.VIJAYALAKSHMI
Yoga Club Incharge

[Signature]
Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL

Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.

[Signature]

DR.E.VIJAYAKRISHNA RAPAKA
Principal