

Capacity Development and Skills  
Enhancement Activity

**LIFE SKILLS -YOGA**

10 August 2020

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:** Requesting permission to celebrate International Yoga Day August 2020 for the department of CSE, ECE, IT, MECH, EEE and BME students.

On behalf of Yoga Club of Rajiv Gandhi College of Engineering and Technology, we have planned to celebrate International Yoga Day 2020 for CSE, ECE, IT, MECH, EEE and BME students of our college through online mode on 18th August 2020 at 9.00 AM. I request you to kindly grant permission to conduct this program.

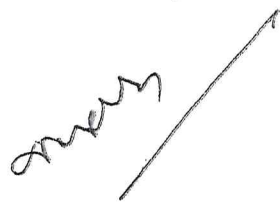
Thanking you,

Yours sincerely,

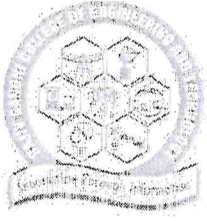


(Dr. S. Vijayalakshmi)  
YOGA Club In-Charge

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



**Dr. E. VIJAYAKRISHNA RAPA**  
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# RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

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

## YOGA CLUB - ACADEMIC YEAR 2020-2021


No: RGCET/YogaClub/Circular/2020-21/YC01

Date: 12.08.2020

### CIRCULAR

Our Yoga Club has planned to conduct the International Yoga Day'20 for our students on 18-08-2020 through Online mode. 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.

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

# INTERNATIONAL YOGA DAY



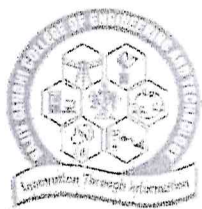
TO CELEBRATE IYD'20  
THROUGH ONLINE FOR OUR  
STUDENTS ORGANIZED BY  
YOGA CLUB

---

DATE  August 18, 2020

TIME  09.00 A.M.

  
**Dr. E. VIJAYAKRISHNA RAPANNA**  
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## International Yoga Day Report

<b>Date:</b>	18 <sup>th</sup> August 2020
<b>Venue:</b>	Online Mode
<b>Organized by:</b>	YOGA Club
<b>Objective:</b>	To celebrate and promote the practice of yoga for physical, mental, and spiritual well-being.

### Highlights of the Event:

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

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


- o Upa Yoga
- o Simha Kriya
- o Pranayama and Meditation

During these unusually challenging times of a global pandemic, having robust immunity and a well-functioning respiratory system is of paramount importance. It has specifically designed these practices as a support for our health.

It enhances the lung capacity and enhances immunity. It also builds Samath Prana, that builds an armor, or Kavacham for oneself against negative impacts.

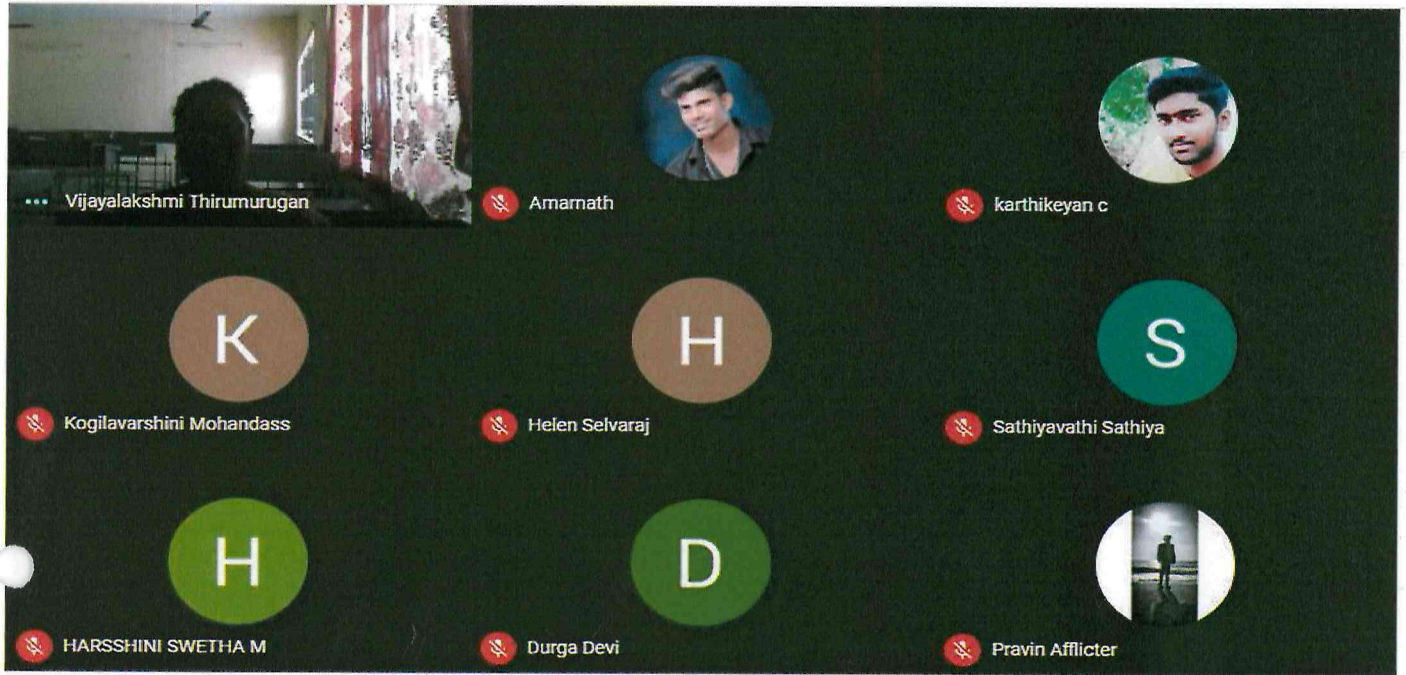
The event concluded with a closing ceremony thanking participants and volunteers for their support in making the event successful.

The International Yoga Day celebration on 18<sup>th</sup> August 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  
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**Dr. E. VIJAYAKRISHNA RAPAKA**  
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## PHOTOGRAPHS OF YOGA SESSION CONDUCTED THROUGH ONLINE MODE



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 Kirumampakkam, Puducherry - 607 402.

Vijayalakshmi Thirumurugan is presenting



Meeting details

People (40) Chat

Mohamed Riyas 3:14 PM  
C16

anandhi sree 3:18 PM  
Video not visible  
Got it mam

Sathiyavathi Sathiya 3:19 PM  
Mam neegalum erukigala 😊

You 3:20 PM  
Ananthi mame please take a screen shot  
please reply whether you taken  
anandji mame please reply

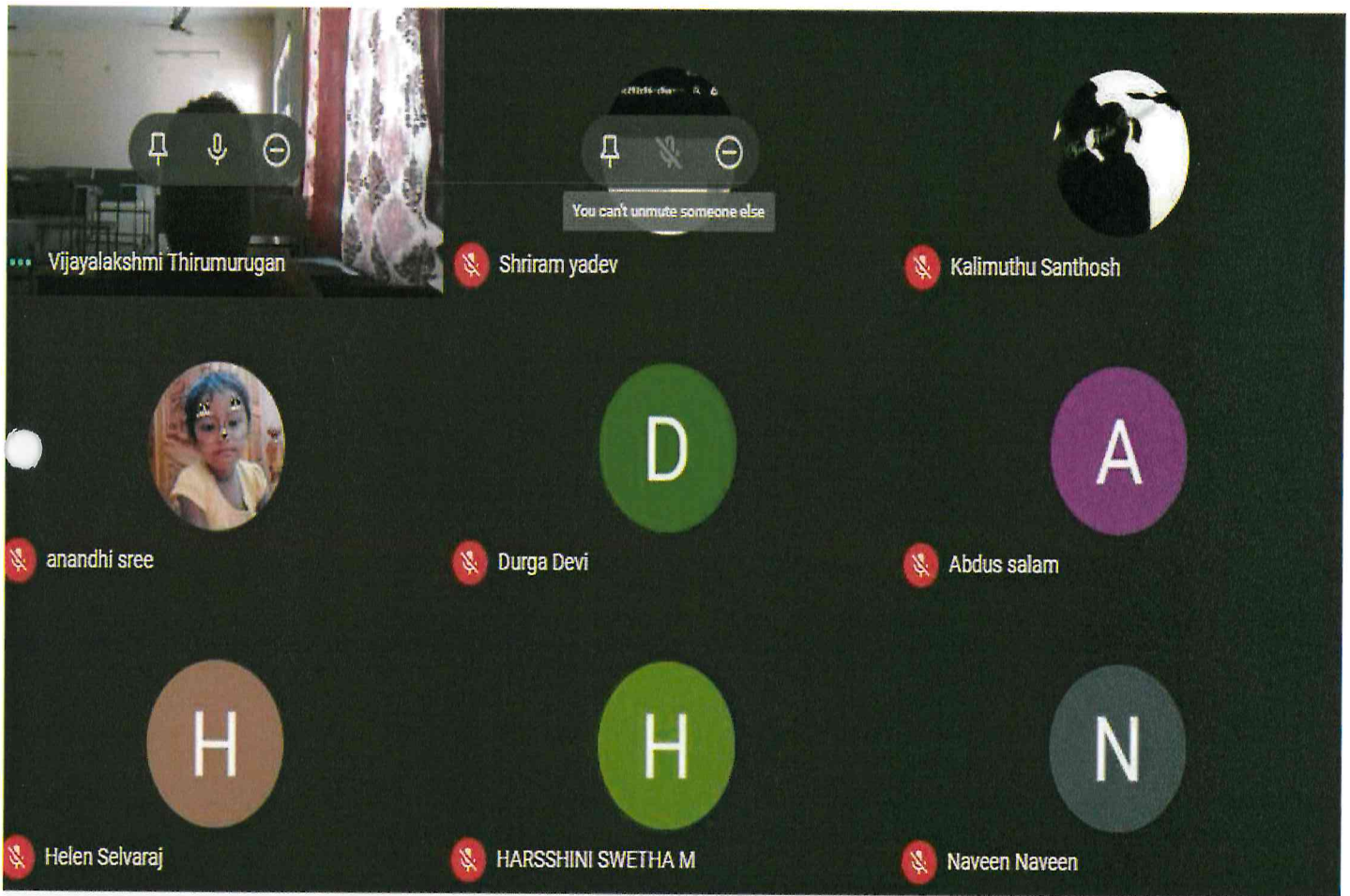
Send a message to everyone

Vijayalakshmi Thirumurugan

anandhi sree

Helen Selvaraj

Sathiyavathi Sathiya



Vijayalakshmi Thirumurugan

Shriram yadev

Kalimuthu Santhosh

anandhi sree

Durga Devi

Abdus salam

Helen Selvaraj

HARSSHINI SWETHA M

Naveen Naveen

You can't unmute someone else

*avey*

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 M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,  
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## LIST OF PARTICIPATED STUDENTS FOR INTERNATIONAL YOGA DAY – 18 AUGUST 2020

S.NO	NAME	DEPT/YEAR
1	RUBIN A	II CSE
2	AFZALKHAN R	II CSE
3	GUNA N	II CSE
4	JESILYA J	II CSE
5	MALARAVAN B	II CSE
6	NAMSAD ARSHAQUE	II CSE
7	RAMYA V	II CSE
8	ROSALINE V	II CSE
9	AVANIYA A	III CSE
10	BHARATHI R	III CSE
11	GOKULNATH N	III CSE
12	IYYAPPAN A	III CSE
13	JACK JARRETT A	III CSE
14	JAYASREE J	III CSE
15	ANGELIN JERUSHA D	IV CSE
16	MAGESHKUMAR R	IV CSE
17	MANOJRAHAV B	IV CSE
18	MEDHA T	IV CSE
19	PAARTHASARATHY V	IV CSE
20	PARVATHI M	IV CSE
21	PRASOON P	IV CSE
22	SOUNDAR S	IV CSE
23	SOUNDRYA RANI S	IV CSE
24	SUMEETHA V	IV CSE
25	BALAJI S	II IT
26	CHITRA KALA SHARMA P	II IT

Dr. E. VIJAYAKRISHNA RAO  
B.Tech. (Mech.), M.Tech. (Energy) - Ph.D. (Mechanical Engineering)  
Principal  
Rajiv Gandhi College of Engineering & Technology  
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27	HUMRUTH SS	II IT
28	KRISHNA KUMAR S	II IT
29	SORNA C	II IT
30	SUNENDHAR B	II IT
31	VAISHNAVI C	II IT
32	JAYAPRATHAB S	II IT
33	HEMALATHA.A	III IT
34	KALIVELA KARL AMARTHYA	III IT
35	KARTHIK SELVAN S	III IT
36	SACHUTHA D	III IT
37	SANGEETHA G	III IT
38	SIVAKALAI K	III IT
39	SOWNDARYA A	III IT
40	VENKATESHWARAN R	IV IT
41	BALAJI R	IV IT
42	KAMALI B	IV IT
43	KANMANI T	IV IT
44	NATARAJAN A	IV IT
45	NIRMALADEVI G	IV IT
46	VIGNESH K	IV IT
47	DINA.C	II ECE
48	DINESH.E	II ECE
49	DIVYASHREE.D	II ECE
50	FHAMITHA.M	II ECE
51	HARDIK LAVANIA	II ECE
52	MANIMOZHI D	III ECE
53	MOHAMEDYASHAR S	III ECE
54	MOHAMMED THABITH MG	III ECE
55	NARESH K	III ECE

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56	OOVIYA N	III ECE
57	PRADEEPRAJ M	III ECE
58	PRAKASH RAJI K	III ECE
59	PRIYANKA R	III ECE
60	AGILA .B	IV ECE
61	AJAY .G	IV ECE
62	AKSHAYA .M	IV ECE
63	ANITHA .D	IV ECE
64	ARUN .E	IV ECE
65	DEEPIKA .P	IV ECE
66	DEVIBALA .B	IV ECE
67	DHAVID .S	IV ECE
68	DHINESH KUMAR .M	IV ECE
69	DINESH .V	IV ECE
70	ELAMVAZHUTHI. A	IV ECE
71	JAYAGOVINDHAN G	II EEE
72	KEERTHIVASAN S	II EEE
73	MADHAVAN S	II EEE
73	MURALI DHARAN S	II EEE
75	PADMA PRIYAN M	II EEE
76	SIVAPRAKASH S	II EEE
77	HARSHINI R	III EEE
78	KAVYA G	III EEE
79	KRISHNARAJ M	III EEE
80	RAMANAN S	III EEE
81	RAMKUMAR S	III EEE
82	SAKTHI MURUGAN S	III EEE
83	SANTHOSH J	III EEE
84	SARASWATHY B	IV EEE

**Dr. E. VIJAYAKRISHNA RAJ** A  
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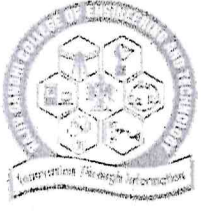
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85	SHANMUGAVELAN N	IV EEE
86	SOWMIYA T	IV EEE
87	SUBASH CHANDRA BOSE C	IV EEE
88	SUNDARESHWARAN B	IV EEE
89	VEERAPANDIYAN V	IV EEE
90	BANU.S	II BME
91	BARATH.K	II BME
92	BHAVANI.M	II BME
93	CHANDRU.I	II BME
94	DEVARAJ.P	II BME
95	DINESH.T	II BME
96	EDDY GILLES.C	II BME
97	GAYATHRI.J	II BME
98	GOKUL.P.K	II BME
99	HARI HARAN.V	II BME
100	ASWIN T K	III BME
101	AURTISELVI K	III BME
102	BHARATHRAJ R	III BME
103	BHUVANESHWARI @ NIVEDITA	III BME
104	DINESH A	III BME
105	DINESH S	III BME
106	FAHAD MAHAMOOD	III BME
107	GAJENDIRAN E	III BME
108	GANESH R	III BME
109	HARI P	IV BME
110	HARISH S	IV BME
111	HARSSHAVARTHANI J	IV BME
112	ISAIYARASAN P	IV BME
113	JAYASEELI G	IV BME

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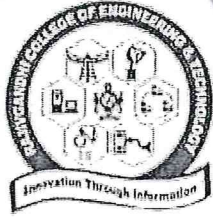
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114	MOHAMED RAFI M	II MECH
115	NAVEEN N	II MECH
116	GENESIS J	II MECH
117	GURU GANESH G	III MECH
118	HARISH R	III MECH
119	HEMACHANDRAN S	III MECH
120	BREETLEE J	IV MECH
121	GIRIDHARAN G	IV MECH

*S. V.*  
YOGA CO-ORDINATOR  
**Dr. S. VIJAYALAKSHMI**  
Yoga Club In-charge  
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*[Signature]*  
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**Rajiv Gandhi College of Engineering and Technology**

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of Participation

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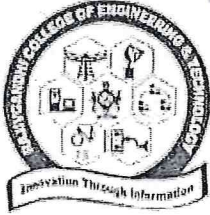
*Sangeetha G*

of III-IT for participating in the International Yoga Day conducted by  
Yoga club of Rajiv Gandhi College of Engineering and Technology  
through Online Mode on 18th August 2020

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

*[Signature]*  
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*[Signature]*  
**DR.E.VIJAYAKRISHNA RAPAKA**  
Principal



**Rajiv Gandhi College of Engineering and Technology**

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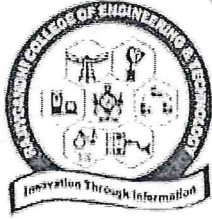
*Medha T*

of IV-CSE for participating in the International Yoga Day conducted by  
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through Online Mode on 18th August 2020

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

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*V. Vijayakrishna Rapaka*  
**DR.E.VIJAYAKRISHNA RAPAKA**  
Principal



**Rajiv Gandhi College of Engineering and Technology**

**PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY**

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*Dina C*

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

*E. Vijayakrishna Rapaka*  
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Principal