

Capacity Development and Skills  
Enhancement Activity

**LIFE SKILLS -YOGA**

8 June 2021

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 June 2021 for CSE, ECE, IT, MECH, EEE and BME Department Students.

We have planned to celebrate International Yoga Day 2021 for the department of CSE, ECE, IT, MECH, EEE and BME students in our college campus in PG Block ,1<sup>st</sup> floor Seminar Hall on 17<sup>th</sup> June 2021 at 9.00 AM. Therefore, I request you to kindly grant permission to conduct the same.

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**  
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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)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

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

## YOGA CLUB - ACADEMIC YEAR 2021-2022

No: RGCET/YogaClub/Circular/2021-22/YC01

Date: 11.06.2021


### CIRCULAR

Our Yoga Club has planned to conduct the International Yoga Day'21 for our student's on 17-06-2021. We request all the students to participate and get benefited.

All are invited

Copy to:

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

  
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Yoga Club In-charge  
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**Rajiv Gandhi College of Engineering and Technology**

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

INTERNATIONAL

# Yoga Day

**( IYD )**



TO CELEBRATE IYD'21  
THROUGH ONLINE FOR OUR  
STUDENTS ORGANIZED BY  
YOGA CLUB

DATE  June 17, 2021

TIME  09.00 A.M.

**Dr. E. VIJAYAKRISHNA RAPAKA**

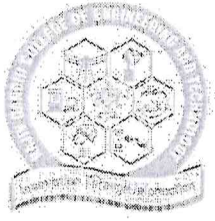
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## International Yoga Day Report

<b>Date:</b>	17 <sup>th</sup> June 2021
<b>Venue:</b>	Seminar Hall, PG Block
<b>Organized by:</b>	YOGA Club
<b>Objective:</b>	To celebrate and promote the practice of yoga for controls your breathing pattern. It can help improve your mental health. According to studies, yoga can help manage symptoms of depression.

### Highlights of the Event:


The event commenced with a ceremonial lighting of the lamp by Dr.E. Vijayakrishna Rapaka, Principal, RGCET 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 as Hatha Yoga, Upa-Yoga and 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.

Upa-Yoga is a simple yet powerful set of ten practices that activate the joints, muscles and energy system, bringing ease to the whole system. It is a good starting point for those who are new to yoga, and can be used as a preparation for other yoga practices. Based on a sophisticated understanding of the body's mechanics. Relieving physical stress and tiredness, Exercising the joints and muscles, Rejuvenating the body after a period of inactivity and negating the effect of jet lag and long travel are the benefits of doing this yoga.

The event featured cultural performances showcasing yoga's cultural roots and its global impact. This is concluded with a closing ceremony thanking participants, volunteers, and sponsors for their support in making the event successful.

The International Yoga Day celebration on 17<sup>th</sup> June 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**  
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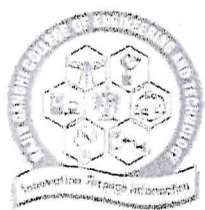
  
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**PHOTOGRAPHS OF YOGA SESSION CONDUCTED IN ABDUL KALAM BLOCK**



  
**Dr. E. VIJAYAKRISHNA RAMESH**  
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## LIST OF PARTICIPATED STUDENTS FOR INTERNATIONAL YOGA DAY – 17 JUNE 2021

S.NO	NAME	DEPT/YEAR
1	HARRIS AHAMED A	II CSE
2	ILAKKIYA S	II CSE
3	JAGADEESH M	II CSE
4	JAGAN J K	II CSE
5	JAYABALAJI B	II CSE
6	KIRUBAKARAN R	II CSE
7	LOGESHWARAN S	II CSE
8	MALARAVAN B	II CSE
9	JOHN LURTHU BOSCO R	III CSE
10	KAMALI V	III CSE
11	KATE CHITRITHA	III CSE
12	LAVANYA V	III CSE
13	MADHU SHREE S	III CSE
14	MANI MARAN S	III CSE
15	ARUNKUMAR D	IV CSE
16	BAGHIRADHAN S	IV CSE
17	BALA MURUGAN J	IV CSE

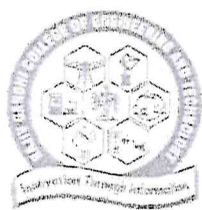
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18	DINESHKUMAR K	IV CSE
19	DIVYA T	IV CSE
20	ESAISUDARMUGILNISHA R	IV CSE
21	HIROSH SABU S	IV CSE
22	YOGESH S	IV CSE
23	YUVASRI E	IV CSE
24	MONISHA B	IV CSE
25	MITHRA IMPENS	II IT
26	SHANMUGAPRIYAN	II IT
27	AKASH A	II IT
28	ANANDAMOHAN S	II IT
29	FAIYAZ AHAMED A	II IT
30	GUNABALA D	II IT
31	HARITHA S	II IT
32	KEERTHANA K	III IT
33	MOHAMED AMEEN.F	III IT
34	MOHANA PRIYA M	III IT
35	NAVIYAA R	III IT
36	PAVITHRA. N	III IT

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37	PRAVINRAJ R	III IT
38	RANJITH K	III IT
39	SABARINATHAN.V	III IT
40	DHANUSRI A	IV IT
41	DURGA DEVI D	IV IT
42	HARI PRASAD S	IV IT
43	ANUSHAHARANI V	IV IT
44	BHUVANESHWAR K	IV IT
45	KRISTIAN A	II ECE
46	LOGESH S	II ECE
47	MADHANAKAVI. E	II ECE
48	DIVYASHREE.D	III ECE
49	FHAMITHA.M	III ECE
50	HARDIK LAVANIA	III ECE
51	HEMALATHA.D	III ECE
52	JAYAPRAKASH.P	III ECE
53	MADHAVAN.J	III ECE
54	FARTINE TRIPOLI I	IV ECE
55	GIRIJA V	IV ECE

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56	JOTHIGA N	IV ECE
57	KALAIVANI S	IV ECE
58	SUVATHI R	IV ECE
59	SUWATHI K	IV ECE
60	SWEDHA S	IV ECE
61	THILAK S	IV ECE
62	THOUFEECK AHMED A	IV ECE
63	YOGANATHAN N	II EEE
64	AJITHKUMAR R	II EEE
65	BHUVANESH M	II EEE
66	DHANUSURYA T	II EEE
67	JAFER ALI M	II EEE
68	KADIRVASAN R	II EEE
69	LOGESHWARAN S	II EEE
70	THEEVATH R	III EEE
71	ARAVINDH.M	III EEE
72	HARISH KUMAR T	III EEE
73	KEVIN K	III EEE
74	SANJAI A	III EEE

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75	RAMKUMAR S	IV EEE
76	SAKTHI MURUGAN S	IV EEE
77	SANTHOSH J	IV EEE
78	IMTIYAZ.MMS	IV EEE
79	AGATHIAN S	IV EEE
80	HARSHINI R	IV EEE
81	KAVYA G	IV EEE
82	ASHWINTH KUMAR.K	II BME
83	ASWINI.K	II BME
84	BANU.S	II BME
85	BARATH.K	II BME
86	BHAVANI.M	II BME
87	CHANDRU.I	II BME
88	DEVARAJ.P	II BME
89	DHARANESH.B	II BME
90	SUVATHI B	III BME
91	SWATHI @ ROSHINI S	III BME
92	SWETHA M	III BME
93	THIVAKAR B	III BME

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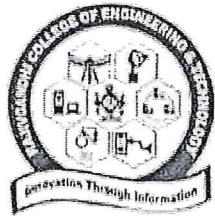
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94	UMABARATHI R	III BME
95	VANDANA MADARASI J	III BME
96	SWASTHIKA.G	IV BME
97	SYED MUBARAK.K	IV BME
98	THEBEN RAJ.S	IV BME
99	THIRUMALAI NAYAGAM.K	IV BME
100	VAITHEESWARI.K	IV BME
101	BHUVANESWAR P	II MECH
102	CHARAN.S	II MECH
103	MATHESWARAN A	II MECH
104	SUBHASH CHANDRU E	III MECH
105	VENKATESH S	III MECH
106	YOGESH M	III MECH
107	PREM K	IV MECH
108	BHUVANESHWARAN V	IV MECH
109	MANIBHARATHI	IV MECH

  
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*Charan S*

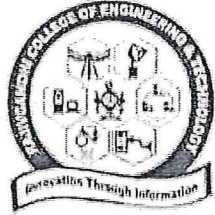
of II-MECH for participating in the International Yoga Day conducted by  
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17th June 2021

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

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



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*Thilak S*

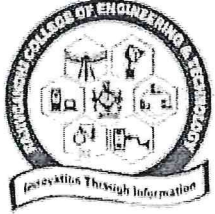
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*S. V. Lakshmi*  
**DR.S.VIJAYALAKSHMI**  
Yoga Club Incharge

*E. Vijayakrishna Rapaka*  
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*Kevin K*

of III-EEE for participating in the International Yoga Day conducted by  
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17th June 2021

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

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