

Capacity Development and Skills
Enhancement Activity

LIFE SKILLS -YOGA

14 November 2022

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: Request for permission to celebrate International Yoga Day November 2022 for CSE, ECE, IT, MECH, EEE and BME Department Students.

We have planned to celebrate International Yoga Day 2022 for CSE, ECE, IT, MECH, EEE and BME students in our college campus in PG Block ,1st floor Seminar Hall on 25th November 2022 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

Jr. S. VIJAYALAKSHMI
Yoga Club In-charge
Rajiv Gandhi College of
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Puducherry -607 403.



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RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

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YOGA CLUB - ACADEMIC YEAR 2022-2023

No: RGCET/YogaClub/Circular/2022-23/YC01

Date: 17.11.2022


CIRCULAR


Our Yoga Club has planned to conduct the International Yoga Day'22 for our students on 25-11-2022. 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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Rajiv Gandhi College of Engineering and Technology

PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

International
YOGA DAY
(IYD)



TO CELEBRATE IYD'22 FOR OUR
STUDENTS ORGANIZED BY YOGA
CLUB

DATE



November 25, 2022

TIME



09.00 A.M.

VENUE



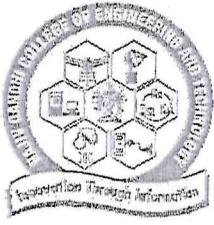
Seminar Hall

over
Dr. E. VIJAYAKRISHNA RAPAKA

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Report for the International Yoga Day celebrated on November 25th 2022

Date: 25th November 2022

Venue: Seminar Hall, PG Block

Organized by: YOGA Club

Objective: To celebrate and promote the practice of yoga for physical, mental, and spiritual well-being.

Highlights of the Event:

1. **Opening Ceremony:** 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.
2. **Yoga Sessions:** Participants were engaged in various yoga sessions conducted by certified instructors. The sessions included:
 - o Surya Sakthi
 - o Upa Yoga, Yoga Namaskar
 - o Pranayama and Meditation
3. **Demonstrations:** Experienced practitioners demonstrated advanced yoga poses and techniques, inspiring beginners and enthusiasts alike.
4. **Health Talks:** Experts delivered talks on the health benefits of yoga, emphasizing its role in stress reduction, flexibility improvement, and overall fitness.
5. **Cultural Performances:** The event featured cultural performances showcasing yoga's cultural roots and its global impact.
6. **Teaching Faculty:** Faculty from all the departments participated in the event and were benefited.
7. **Closing Ceremony:** The event concluded with a closing ceremony thanking participants, volunteers, and sponsors for their support in making the event successful.

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Benefits of Surya Sakthi and Upa Yoga:

1. Increased awareness about yoga and its benefits among participants.
2. Encouraged regular practice of yoga for a healthier lifestyle.
3. Strengthened community bonds through a shared experience of wellness.

The International Yoga Day celebration on 25th November 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

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PHOTOGRAPHS OF YOGA SESSION CONDUCTED IN SEMINAR HALL



me
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LIST OF PARTICIPATED STUDENTS FOR INTERNATIONAL YOGA DAY-25 NOVEMBER 2022

S.NO	NAME	DEPT/YEAR
1	SHIVA PRASAD	IV CSE
2	KAMLESH VENKATARAMANA S	IV CSE
3	ABIRAMI S	IV CSE
4	MOHAMED AJMAL NOOR M	IV CSE
5	SHAJITH HAMEED S	IV CSE
6	VIJAYAKUMAR C	III CSE
7	YASAR ARAFATJ	III CSE
8	YOGEASHWAR S	III CSE
9	AASHIKA PHILOMIJ	III CSE
10	ASWIN DHANAM J	III CSE
11	SANTHOSH V	III CSE
12	SWETHAVARSHNI JS	III CSE
13	YUVARAJS	III CSE
14	JANANI V	III CSE
15	ZUBAIR AHMED DAR	II CSE

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S.NO	NAME	DEPT/YEAR
16	ABIJITH KUMAR P	II CSE
17	AKSHARA PAVITHRAN	II CSE
18	AVINASH D	II CSE
19	DANIYALRAJ K	II CSE
20	KARTHIK R	II CSE
21	KATHIRAVAN I	II CSE
22	MANIKANDAN J	II CSE
23	SANDESH KUMAR MISHRA	II CSE
24	GUNALAN E	IV IT
25	HARIHARAN K	IV IT
26	HEMACHANDRAN	IV IT
27	JENIFER.C	IV IT
28	KARTHIKEYAN S	IV IT
29	KEERTHANA K	IV IT
30	MOHAMED AMEEN.F	IV IT
31	THARANIDHAREN E	II IT
32	V JAY VISHAAKH	II IT

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S.NO	NAME	DEPT/YEAR
33	VARSHA S S	II IT
34	VIYASAVARTHAN C	II IT
35	AAMEER.J	II IT
36	ARULKUMAR U	II IT
37	MITHRA IMPENS	II IT
38	SHANMUGAPRIYAN	II IT
39	MOHANA PRIYA.K	IV ECE
40	NISHANTHAN.A	IV ECE
41	DIVYASHREE.D	IV ECE
42	FHAMITHA.M	IV ECE
43	HARDIK LAVANIA	IV ECE
44	HARINI BALA.S.K	IV ECE
45	SUBASH.T	III ECE
46	SUJITHRA R	III ECE
47	SURENDARAN.T	III ECE
48	VIGNESH I	III ECE
49	YUVARAMJI S	III ECE

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S.NO	NAME	DEPT/YEAR
50	KRISHNARAJ J	III ECE
51	RAJAMANICKAM.S	III ECE
52	SASIDHARAN.B	III ECE
53	DURGADEVI R	II ECE
54	HARIE HARAN R	II ECE
55	HARIPRASATH G	II ECE
56	KEERTHANA E	II ECE
57	KISHORE PRIYAN P	II ECE
58	LAKSHMI NARASIMAN V	II ECE
59	MEGHANATHAN S A G	II ECE
60	AKASH A	II EEE
61	DEVAKUMAR A	II EEE
62	JAYASUDHAN P	II EEE
63	MADHAVAN M	II EEE
64	SANTHOSH K	II EEE
65	PRAVEEN S	II EEE
66	SANTHOSHKUMAR C	III EEE

Dr. E. VISAYAKRISHNA RAO

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S.NO	NAME	DEPT/YEAR
67	SUGANTHANESWARAN V	III EEE
68	YOGANATHAN N	III EEE
69	AJITHKUMAR R	III EEE
70	BHUVANESH M	III EEE
71	ARAVINDH.M	IV EEE
72	HARISH KUMAR T	IV EEE
73	KEVIN K	IV EEE
74	SANJAI A	IV EEE
75	MUHAMED HASAN M	IV EEE
76	NARMADHA V	II BME
77	NIKHITHA MARY JOHN	II BME
78	PARUVANITHA P	II BME
79	PRIYA M	II BME
80	RAMPRATHOOSH K M	II BME
81	RESHWIN NISAR	II BME
82	SANDHIYA E	II BME
83	SARAN. V	II BME

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S.NO	NAME	DEPT/YEAR
84	SRI SASI. G	III BME
85	SRIYA J	III BME
86	SWETHARAJ Y	III BME
87	THENAMUDHAN K	III BME
88	VAITHESHWARI.M	III BME
89	VARSHINI.S	III BME
90	SUJITHKUMAR R	IV BME
91	SUMAIYA M	IV BME
92	SWETHA R	IV BME
93	UMAMAHESWARI K	IV BME
94	VANISRI R	IV BME
95	VIGNESH M	IV BME
96	MOHAMED RILA A	IV MECH
97	PRASANTH P	IV MECH
98	RAHUMAN SHERIFF S	IV MECH
99	SELVAM A	IV MECH
100	SENTHAMIZH @ SARATHKUMAR S	IV MECH

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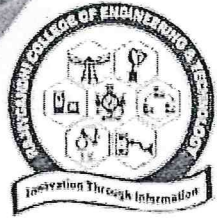
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S.NO	NAME	DEPT/YEAR
101	VISHWANATH R	IV MECH
102	AKASHKUMAR S	III MEC
103	ANTONY AROKIA NATHAN M	III MEC
104	DENESH A	III MEC
105	GOKULAKUMAR K	III MEC
106	KIRUBHANIDHI D	III MEC
107	BRITTO D	II MECH
108	DEEPAK R	II MECH
109	HAREHARAN S	II MECH
110	HARISH B	II MECH
111	KARTHIKEYAN V	II MECH


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CERTIFICATE OF PARTICIPATION

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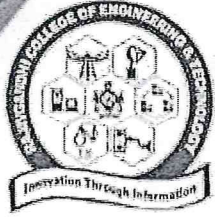
Prirya J

of III-BME for participating in the International Yoga Day conducted by
Yoga club of Rajiv Gandhi College of Engineering and Technology in the
Seminar Hall on 25th November 2022

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

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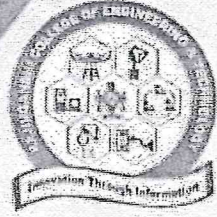
Deepak R

of II-MECH for participating in the International Yoga Day conducted by
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Seminar Hall on 25th November 2022

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Sanjay A

of IV-EEE for participating in the International Yoga Day conducted by
Yoga club of Rajiv Gandhi College of Engineering and Technology in the
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