



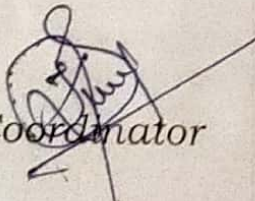
Hindusthan
College of Engineering and Technology,
Coimbatore 641 032.
www.hicet.ac.in

Club : YOGA CLUB

Academic Year :2024-2025

INDEX OF EVENTS

Activity	Date	Name of the Event	Number of Participants
1	13.06.2024	The Connection between Yoga and Spirituality	47
2	21.6.2024	International Yoga Day	59
3	21.06.2024	Yoga and Meditation	116
4	21.06.2024	Yoga for Self and Society	67
5	26.10.2024	Yoga:Live Your Best Life Every Day	105
6	19.2.2025	Maha Shivarathri Band Issue Mela	267
7	2.5.2025	Yoga for Youth Empowerment	97


 Coordinator





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College of Engineering and Technology,
Valley Campus, Pollachi Highway, Coimbatore 641 032.
www.hicet.ac.in

Report for Organized

Name of the Faculty :Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: Yoga	
Category: Students & Faculty	
Title : The Connection between Yoga and Spirituality	
Venue : B Block ;300 S&H Library	
No. of Days :1	Dates : 13.6.2024
Funded by : Isha	
No. of Participants :47	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) :Mr.Naveen Yoga Trainer Isha Foundation, Coimbatore	
Outcomes of the Event : Students are very much interested to attend the program.	
Remarks and Feedback on the Event: Good Response from our student and faculty members. They were very eagerly participated in exercise & pranayama.	
Plan of Implementing in HICET (if any): Yes	
Signature of the Faculty	Signature of HoD
	Signature of Principal



Hindusthan College Of Engineering & Technology,
COIMBATORE - 641 032

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Hindusthan

College of Engineering and Technology

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Pollachi Highway, Valley Campus, Coimbatore .



The Connection Between Yoga & Spirituality

Resource Person :

Mr.Naveen,
Isha Foundation,Coimbatore

DATE:13-6-2024
TIME:11.30 AM -12.30 PM
VENUE S&H LIBRARY



Co-ordinator :

Dr.K.Kavithamani
ASP/S&H

Convenor:

Dr.K.P.Uma
HOD/S&H

Patrons:

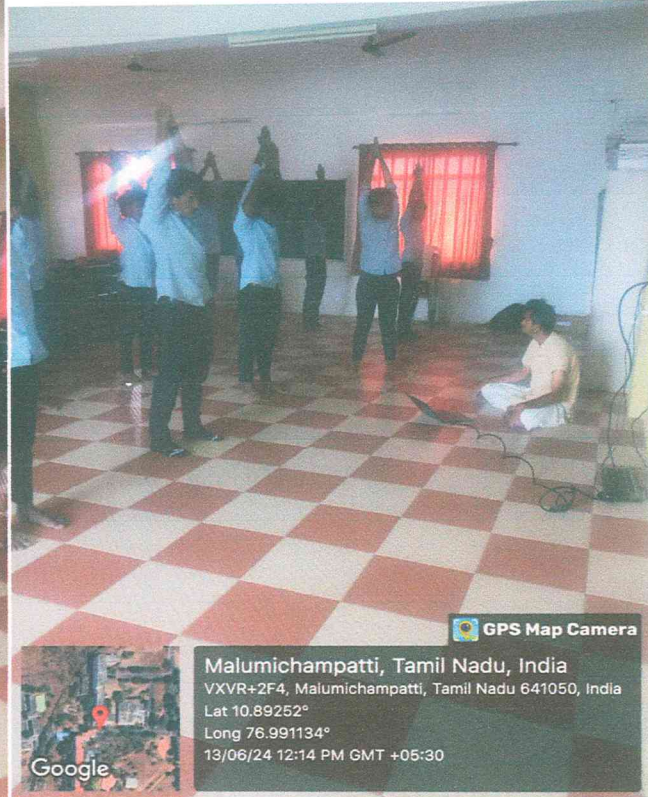
Dr.J.Jaya
Principal/Hicet

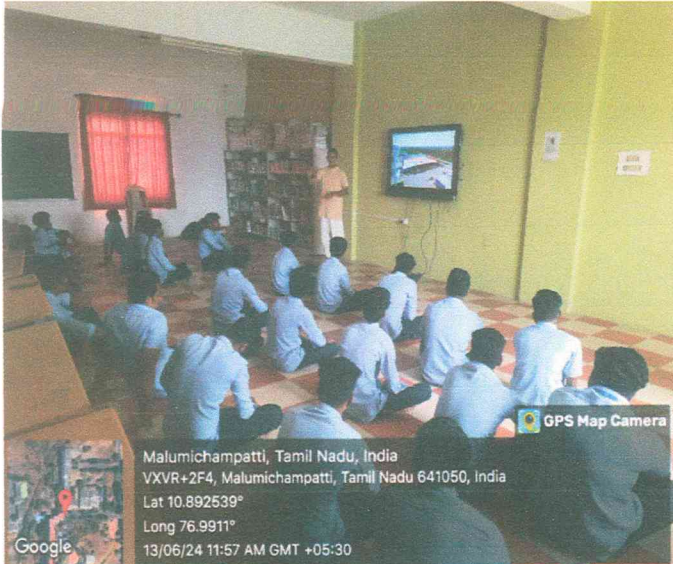
Dr.K.Karunakaran
CEO/Hindusthan
Educational Institutions



Geo-Tagged Photographs of Event

The nature of yoga is to shine the light of awareness into the darkest corners of the body.





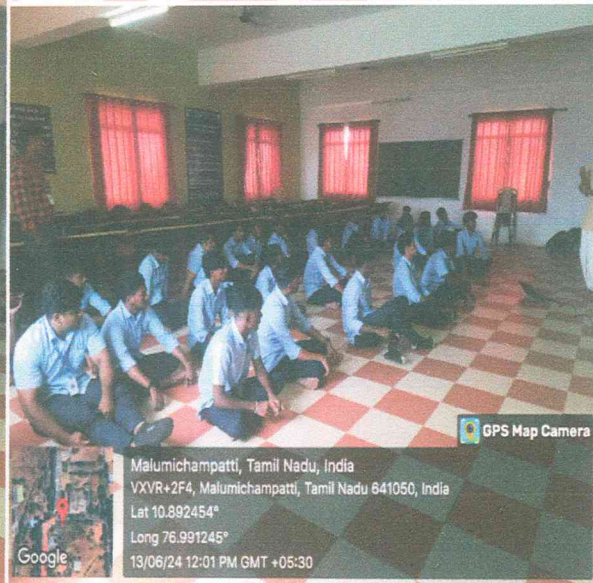
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VXVR+2F4, Malumichampatti, Tamil Nadu 641050, India
Lat 10.892539°
Long 76.9911°
13/06/24 11:57 AM GMT +05:30



GPS Map Camera
Malumichampatti, Tamil Nadu, India
VXVR+2F4, Malumichampatti, Tamil Nadu 641050, India
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Long 76.991067°
13/06/24 11:55 AM GMT +05:30



GPS Map Camera
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VXVR+2F4, Malumichampatti, Tamil Nadu 641050, India
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GPS Map Camera
Malumichampatti, Tamil Nadu, India
VXVR+2F4, Malumichampatti, Tamil Nadu 641050, India
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Long 76.991245°
13/06/24 12:01 PM GMT +05:30



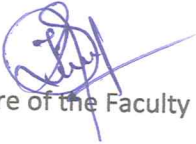


GPS Map Camera
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VXVR+2F4, Malumichampatti, Tamil Nadu 641050, India
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Long 76.991114°
13/06/24 12:00 PM GMT +05:30





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Report for Organized

Name of the Faculty :Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: YOGA	
Category: Students & Faculty	
Title : International Yoga Day	
Venue : Marutham Hall	
No. of Days :1	Dates : 21.6.2024
Funded by : Management	
No. of Participants :59	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) :Dr.V.B.Elamurugan B.E., M.B.A.,M.A.,Ph.D., Gajanantha Trust, Pollachi.	
Outcomes of the Event : Students enthusiastically attended the program.	
Remarks and Feedback on the Event: The program was arranged for our NCC students & faculty members.Good Response from our student and faculty members. They were very eagerly participated in that program.	
Plan of Implementing in HICET (if any): Yes	
 Signature of the Faculty	 HoD
	 Principal

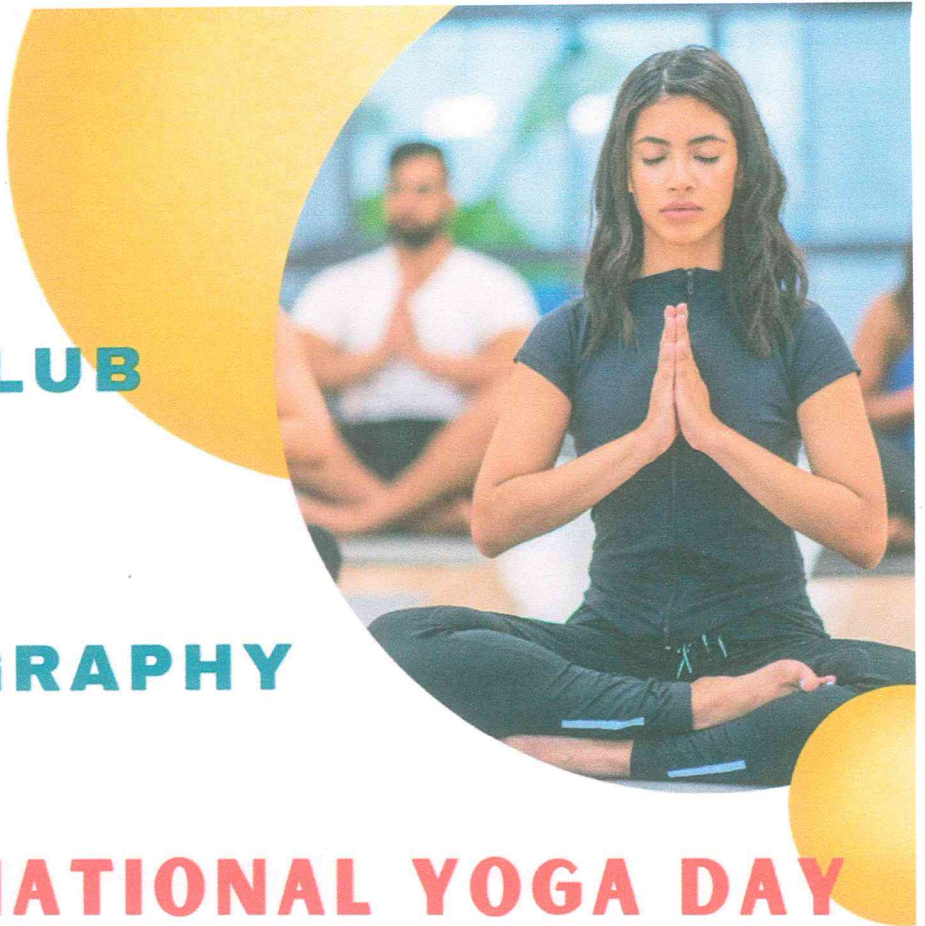


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 Hindusthan College Of Engineering & Technology
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YOGA CLUB & NCC & PHOTOGRAPHY CLUB



INTERNATIONAL YOGA DAY

Resource Person

Dr V B ELAMURUGAN , B.E., M.B.A., M.H.R.M. M.S., MA, Ph.D.

Coordinators
Dr.K.Kavithamani
Lt Dr V Ravikumar
Fg Offr S Jainulabden
Lt R Manoj
CTO Nirmala
Dr K Sivakumar



FRIDAY : 1030-11.30 AM
VENUE : MARUTHAM HALL

Convenor
Dr K P Uma

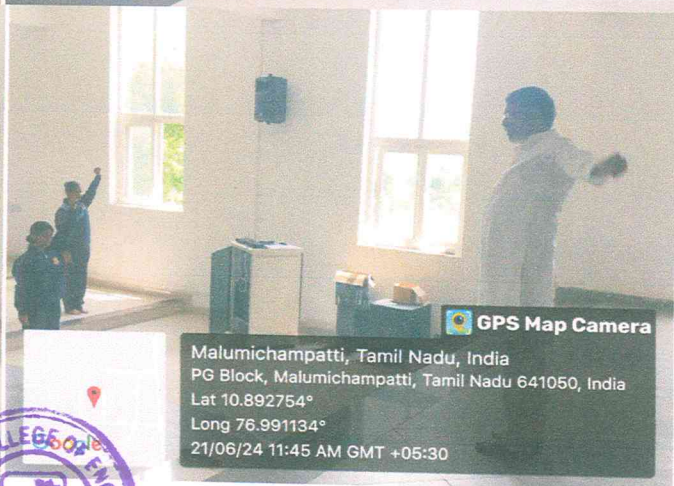
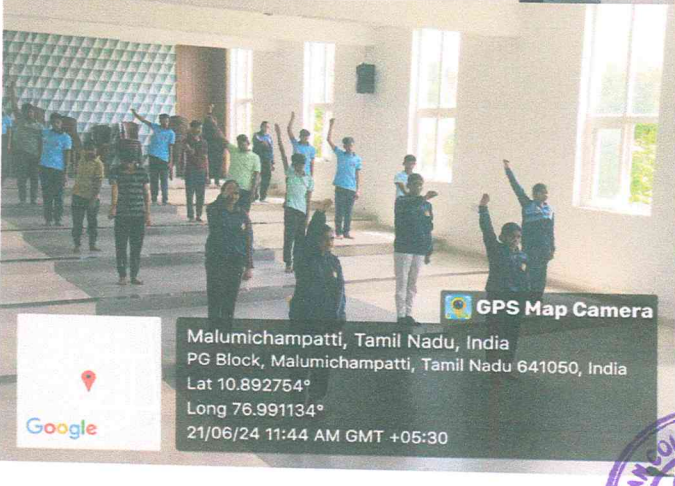
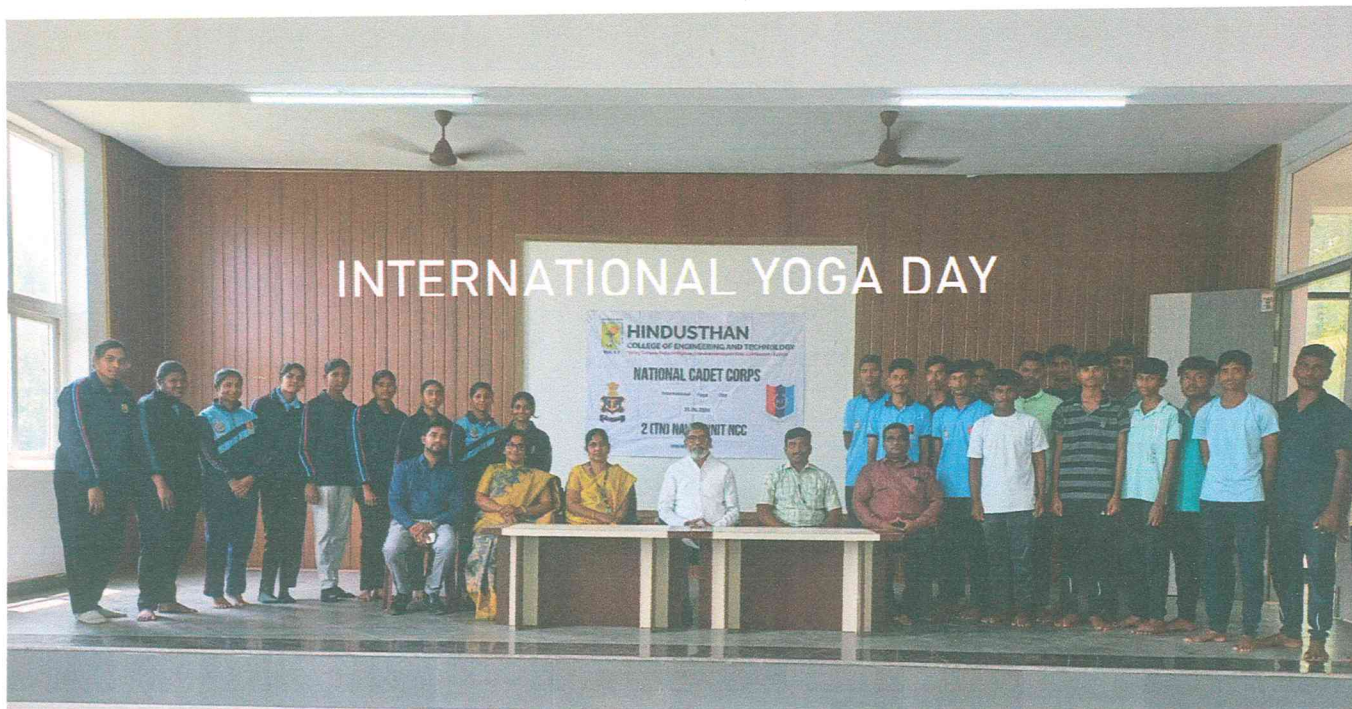
Principal
Dr J Jaya

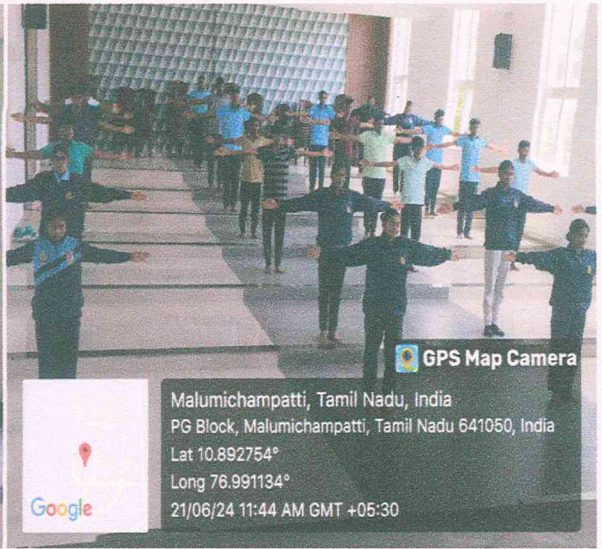
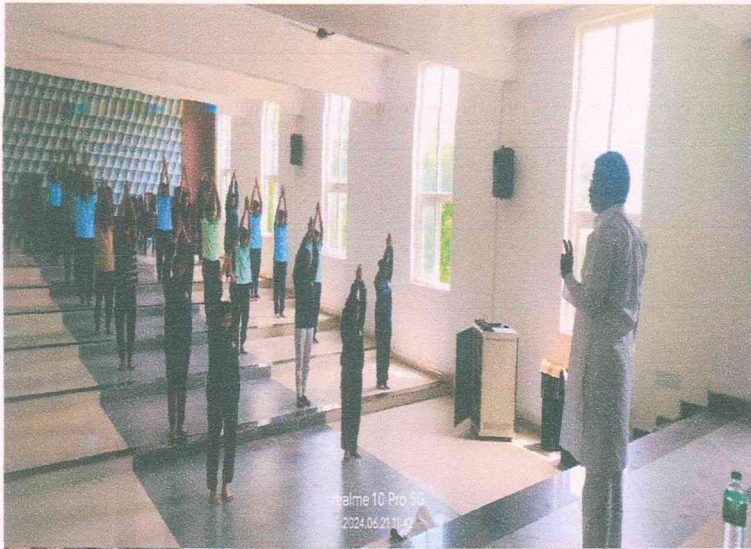
CEO
Dr K Karunakaran



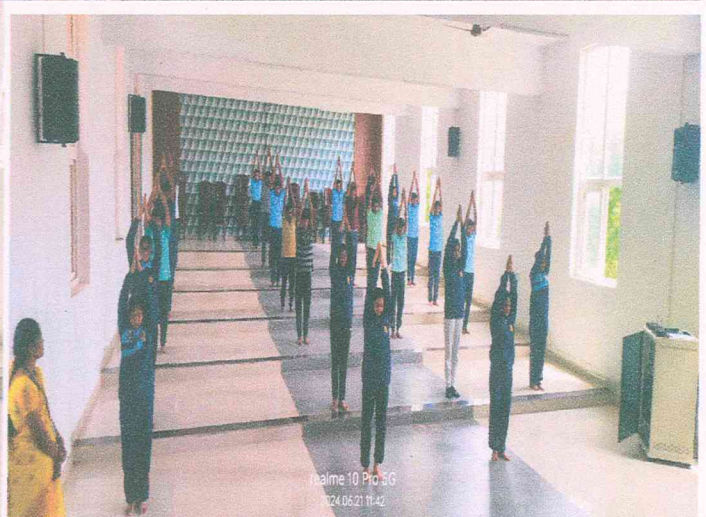
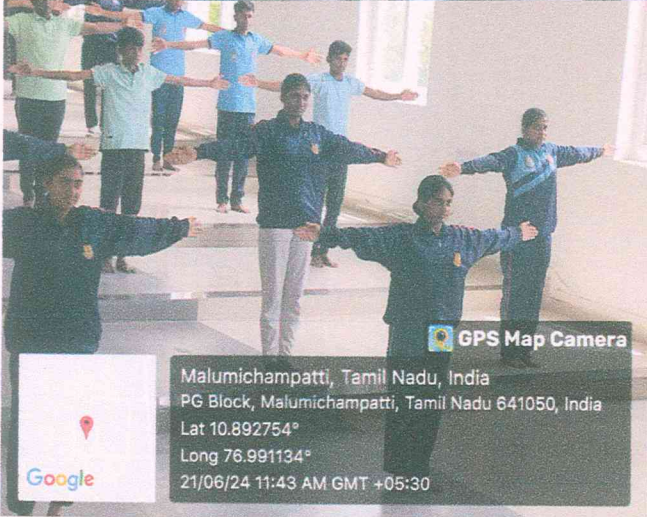
Geo-Tagged Photographs of Event

"Inhale the future, exhale the past". Happy Yoga Day!

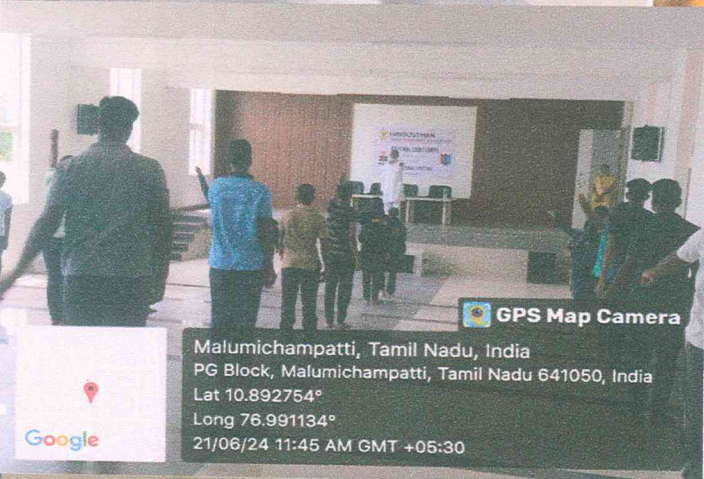




Malumichampatti, Tamil Nadu, India
PG Block, Malumichampatti, Tamil Nadu 641050, India
Lat 10.892754°
Long 76.991134°
21/06/24 11:44 AM GMT +05:30



Malumichampatti, Tamil Nadu, India
PG Block, Malumichampatti, Tamil Nadu 641050, India
Lat 10.892754°
Long 76.991134°
21/06/24 11:43 AM GMT +05:30



Malumichampatti, Tamil Nadu, India
PG Block, Malumichampatti, Tamil Nadu 641050, India
Lat 10.892754°
Long 76.991134°
21/06/24 11:45 AM GMT +05:30

Malumichampatti, Tamil Nadu, India
PG Block, Malumichampatti, Tamil Nadu 641050, India
Lat 10.893541°
Long 76.991252°
21/06/24 11:10 AM GMT +05:30



Malumichampatti, Tamil Nadu, India
PG Block, Malumichampatti, Tamil Nadu 641050, India
Lat 10.892754°
Long 76.991134°
21/06/24 11:45 AM GMT +05:30





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Report for Organized

Name of the Faculty :Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: YOGA	
Category: Students & Faculty	
Title : Yoga and Meditation	
Venue : Hindusthan Polytechnic auditorium	
No. of Days :1	Dates : 21.6.2024
Funded by : Isha	
No. of Participants :116	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) :Mr.Venkatraman Yoga Trainer Isha Foundation, Coimbatore	
Outcomes of the Event : Students eagerly attended the program.	
Remarks and Feedback on the Event: Good Response from our student and faculty members. They were very eagerly participated in all exercise.	
Plan of Implementing in HICET (if any): Yes	
Signature of the Faculty	HoD
	Principal

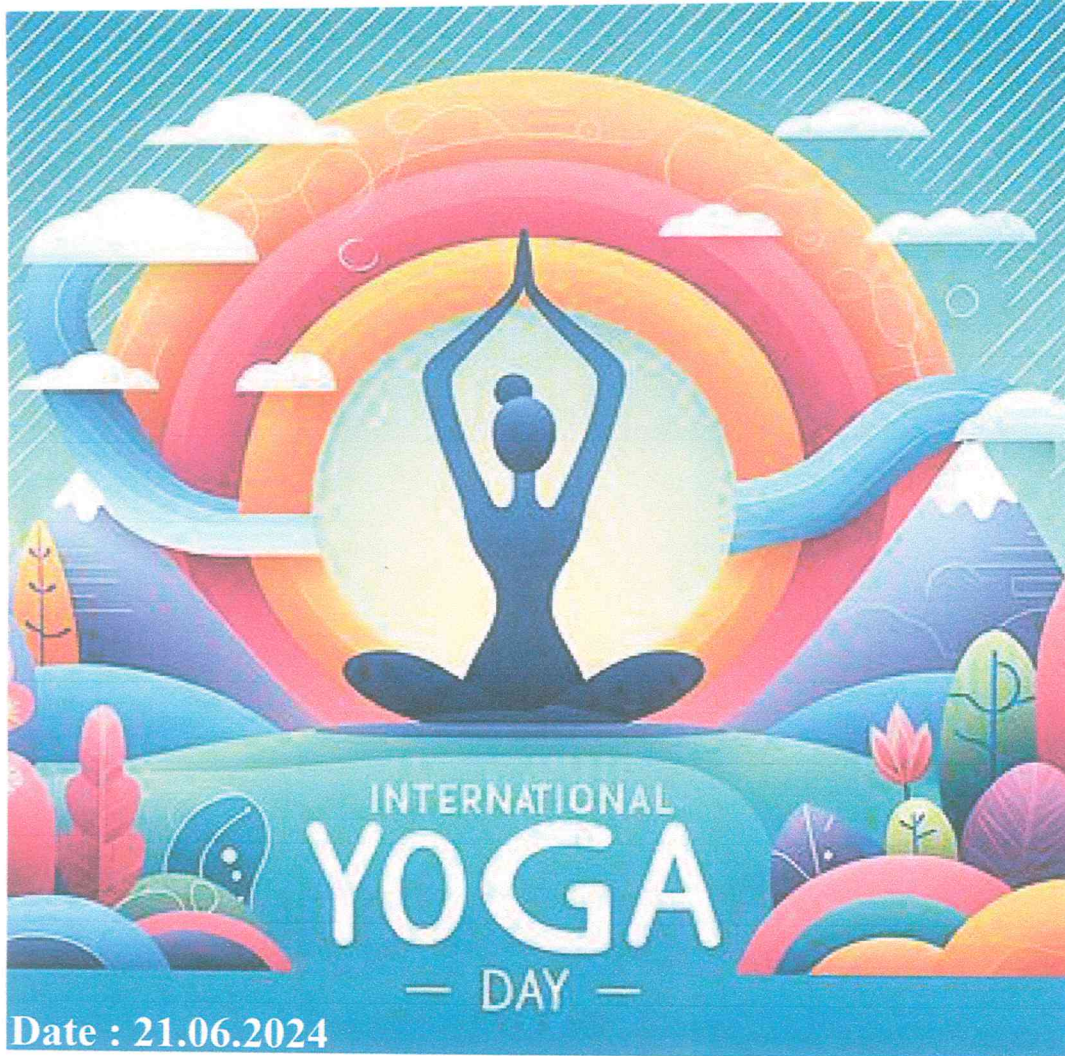
PRINCIPAL
Hindusthan College Of Engineering & Technology
COIMBATORE - 641 032.



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HINDUSTHAN COLLEGE OF ENGINEERING AND TECHNOLOGY
HINDUSTHAN POLYTECHNIC COLLEGE
VALLEY CAMPUS, COIMBATORE-641032



Resource Person

ISHA YOGA
Coimbatore

Dr.KARUNAKARAN K
CEO

Patrons

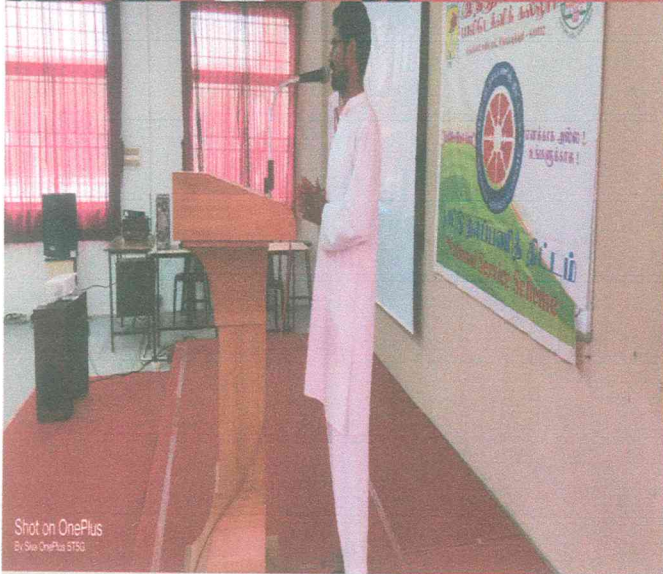
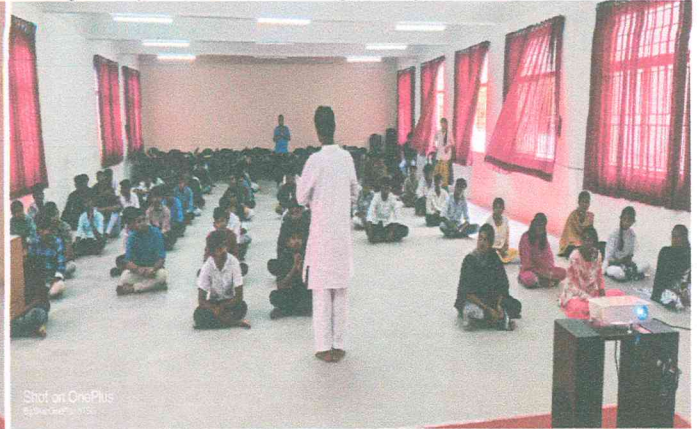
Dr.JAYA J
Principal

Coordinators : Dr.Kavithamani K & Arun Kumar K



Geo-Tagged Photographs of Event

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame."





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Report for Organized

Name of the Faculty :Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: YOGA	
Category: Students & Faculty	
Title : Yoga for Self and Society	
Venue : Online	
No. of Days :2 Hours	Dates : 21.6.2024
Funded by : Management	
No. of Participants :67	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) :Ms.Bharathi Rajenderan Trainer of International Yoga Federation, Naturopathy and Yoga ,Coimbatore	
Outcomes of the Event : Students are very much interested to attend the program.	
Remarks and Feedback on the Event: Good Response from our student and faculty members. Students and faculty members asked many doubts. It was very useful.	
Plan of Implementing in HICET (if any): Yes	
Signature of the Faculty	Signature of HoD
	Signature of Principal

PRINCIPAL

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 COIMBATORE - 641 032.



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Valley Campus, Pollachi Highway, Coimbatore- 641032

DEPARTMENT OF CIVIL ENGINEERING

in association with

Yoga Club

Organizes

Celebration of International Yoga Day' 2024

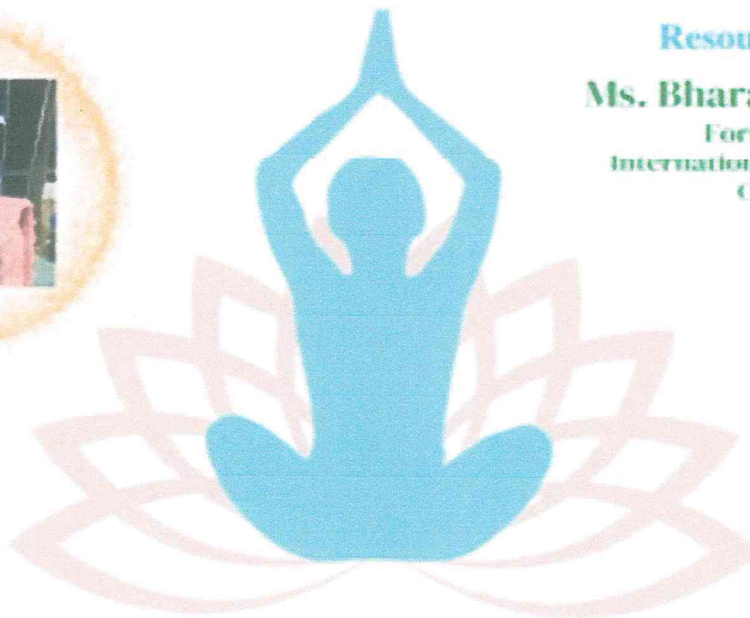
A session on

YOGA FOR SELF AND SOCIETY



Resource Person

Ms. Bharathy Rajendran
 Former Trainer
 International Yoga Federation
 Coimbatore



Google Meet Link:

<https://meet.google.com/frc-wamg-iot>

Date and Time:

June 21, 2024 @ 2.30 PM

YOGA
Co-ordinator

Dr.K.Kavithamani
 Asp/S&H

Co-ordinators

Mr. R. Parthasaarathi
 Mr. R. Sakthivel
 Asst. Prof., Civil Engg

Convenor

Dr. K. Akil
 HoD, Civil Engg

Patrons

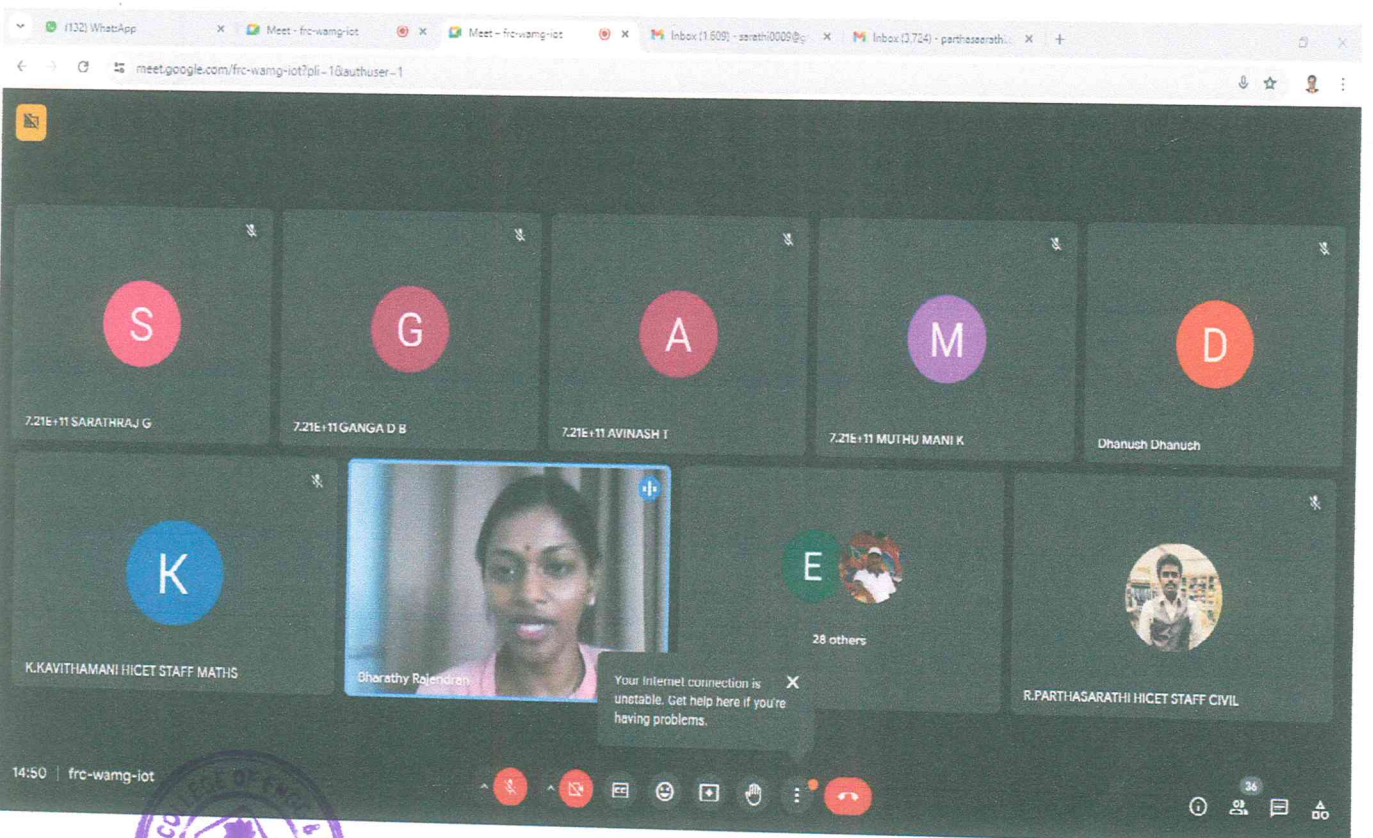
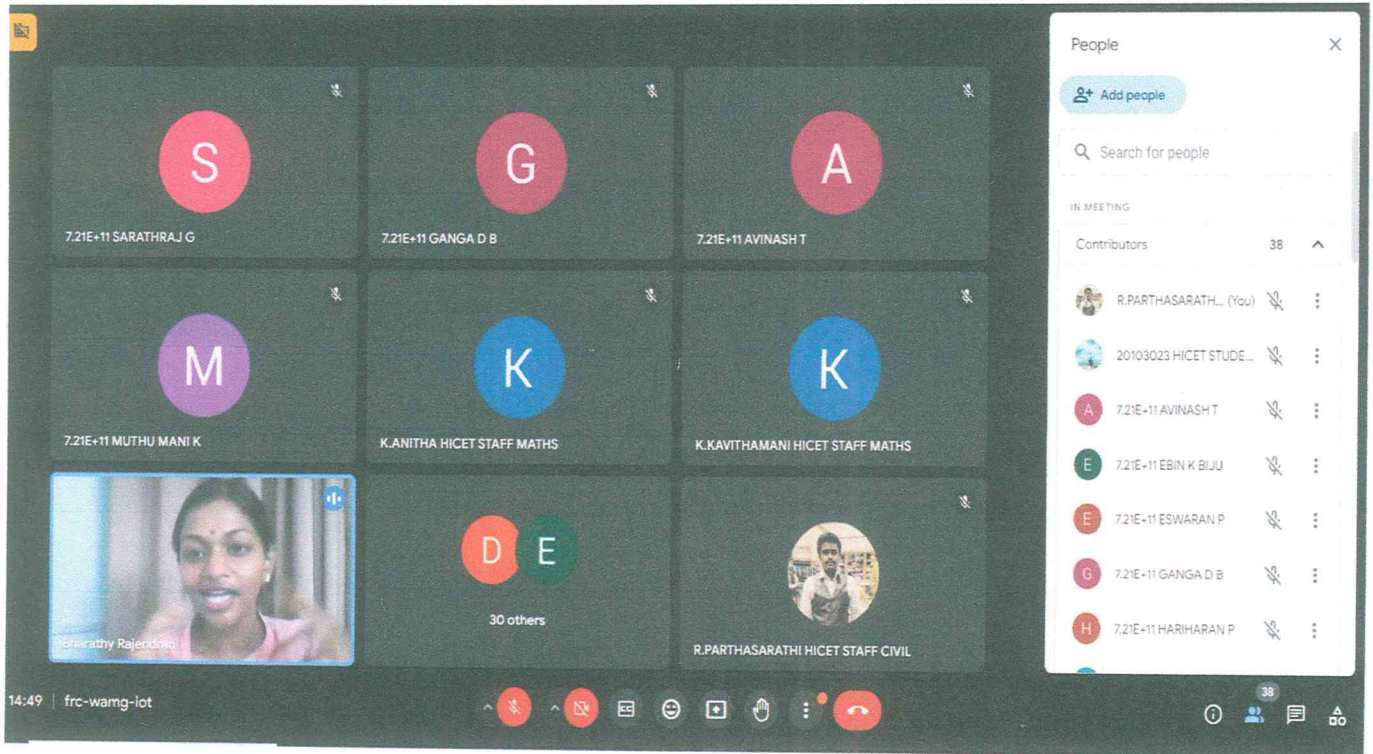
Dr. J. Jaya Dr. K. Karunakaran
 Principal CEO



Geo-Tagged Photographs of Event

“Strength does not come from physical capacity.
It comes from an indomitable will.”

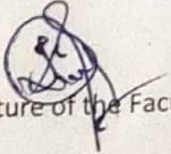
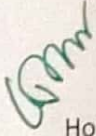

– Mahatma Gandhi





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Report for Organized

Name of the Faculty :Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: YOGA	
Category: Students & Faculty	
Title : Maha Shivarathri Band Issue Mela	
Venue : HICET Campus	
No. of Days :1 Day	Dates : 19.02.2025
Funded by : Management	
No. of Participants :267	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) :Mr.Prasanth, Yoga Trainer, Isha Foundation	
Outcomes of the Event : Students are very much interested to attend Mahashivarathri Program.	
Remarks and Feedback on the Event: Good Response from our student and faculty members.	
Plan of Implementing in HICET (if any): Yes	
Signature of the Faculty 	 HoD
 Principal Hindusthan College Of Engineering & Technology COIMBATORE - 641 032	





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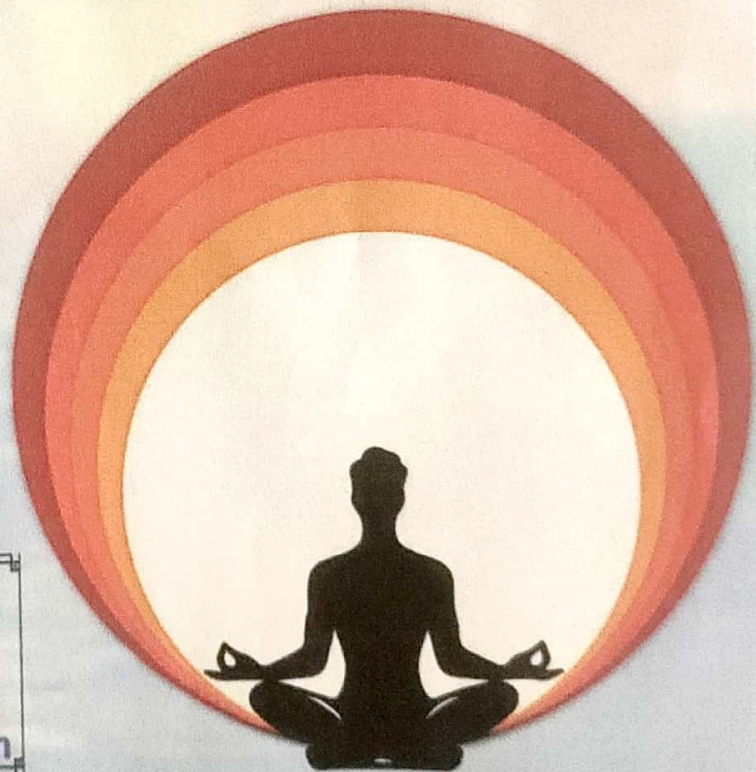


Approved by AICTE, New Delhi, Affiliated to Anna University Chennai, Accredited by NBA (AERO, AUTO, CIVIL, CSE, ECE, EEE, IT, MECH, MCT)
Accredited with 'A+' Grade by NAAC An ISO Certificated Institution Valley Campus Pollachi Highway Coimbatore - 641 032

YOGA CLUB AND ISHA FOUNDATION

Jointly Organizes

"MAHA SHIVARATRI BAND ISSUE MELA"



Date: 19.02.2025
Venue: Near ATM
Time: 9.30am~4pm

COORDINATOR:

Dr.K.KAVITHAMANI
ASP/S&H

CONVENOR:

Dr.K.P.UMA
HoD/S&H

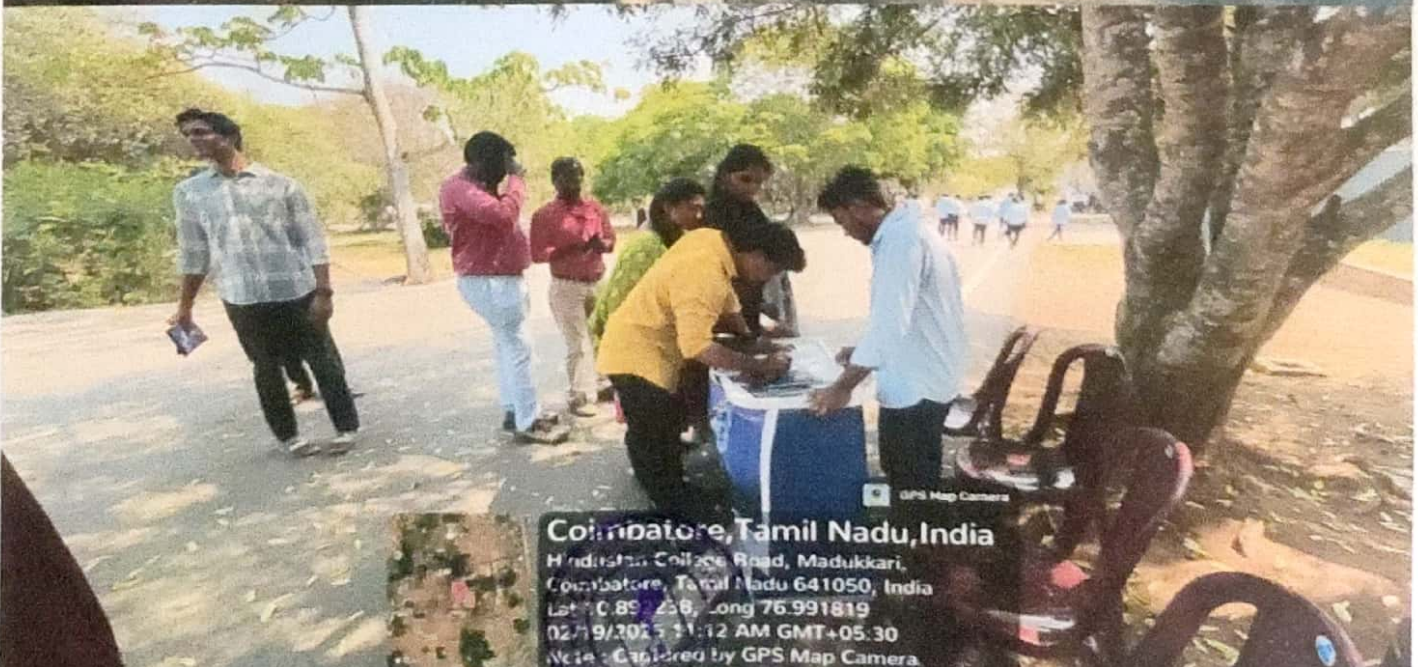
PATRONS:

DR.J.JAYA
principal



Geo-Tagged Photographs of Event

“May Lord Shiva remove all obstacles from your path and lead you to success and happiness. Happy Mahashivratri!”





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Report for Organized

Name of the Faculty :Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: YOGA	
Category: Students & Faculty	
Title : Live Your Best Life Every Day	
Venue : Mrutham Hall	
No. of Days :1 Day	Dates : 26.10.2024
Funded by : Management	
No. of Participants :105	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) :Mr.Saravana Prabhu Subramaniyan Yoga Trainer, Art of Living, Pollachi.	
Outcomes of the Event : Students are very much interested to attend the program.	
Remarks and Feedback on the Event: Good Response from our student and faculty members.	
Plan of Implementing in HICET (if any): Yes	
Signature of the Faculty	HoD
	Principal
	PRINCIPAL
	Hindusthan College Of Engineering & Technol: COIMBATORE - 641 032



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VALLEY CAMPUS, POLLACHI MAIN ROAD
COIMBATORE-52



Department Of Science & Humanities & Yoga Club

Jointly

Organizes

Live your best life every day

RESOURCE PERSON



26-10-2024



10.30 Am-12.30Pm



Marutham Hall

Mr.SARAVANA PRABHU SUBRAMANIAN

Yoga Trainer

Co-ordinator
Dr.K.Kavithamani
ASP/ S&H

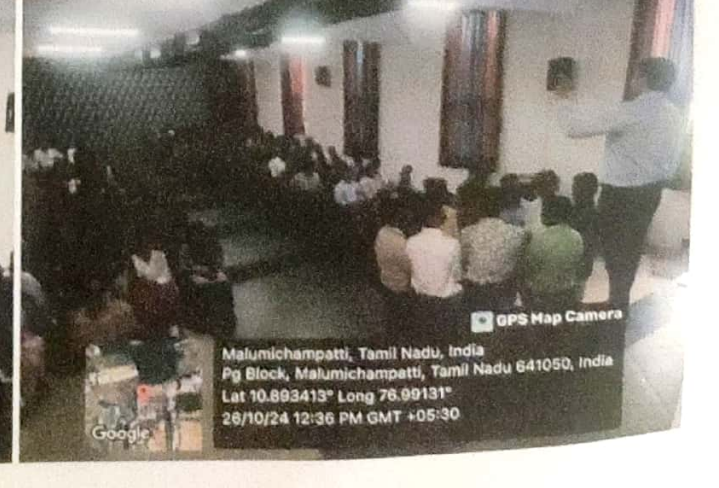
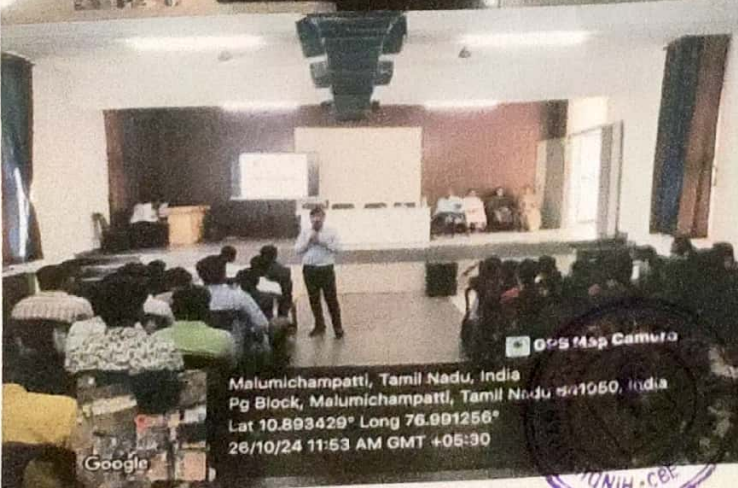
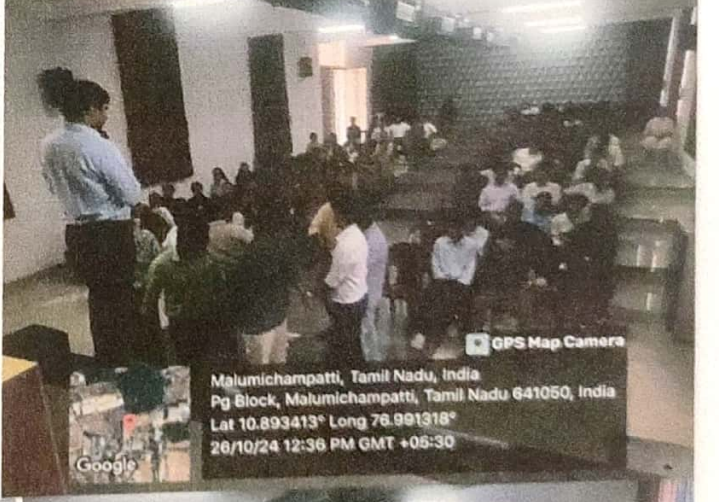
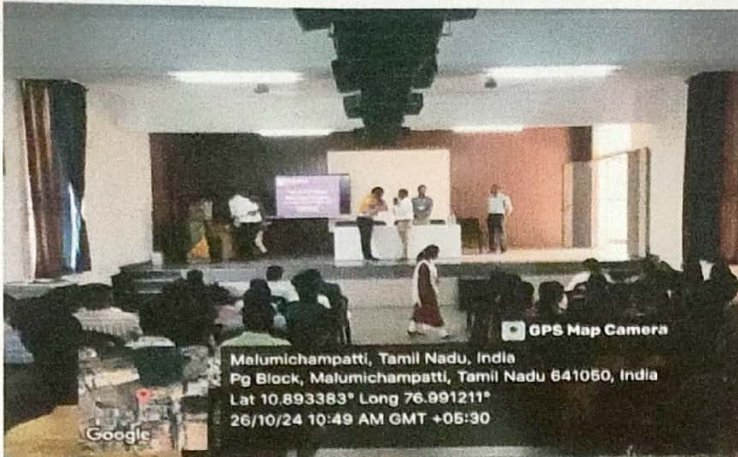
convenor
K.P.UMA
Head of The Department
S&H

Patrons
Dr.K.Karunakaran
CEO
Hindusthan Educational
Institutions



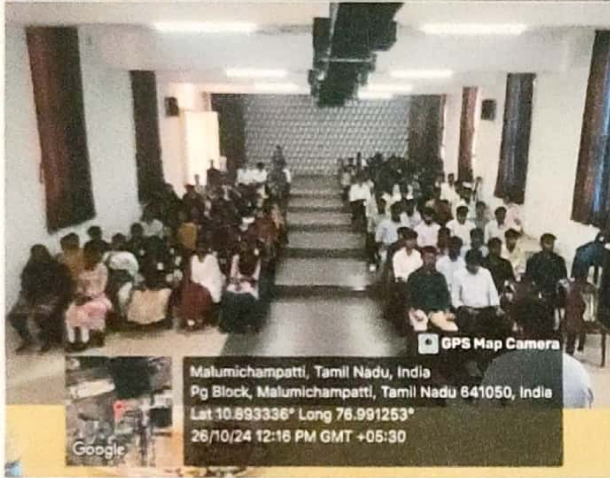
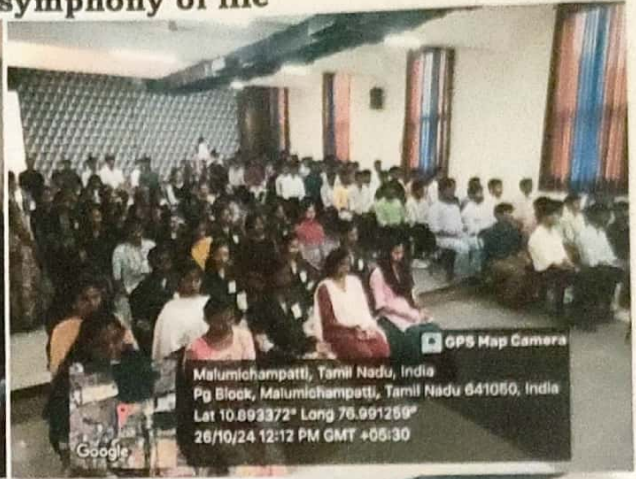
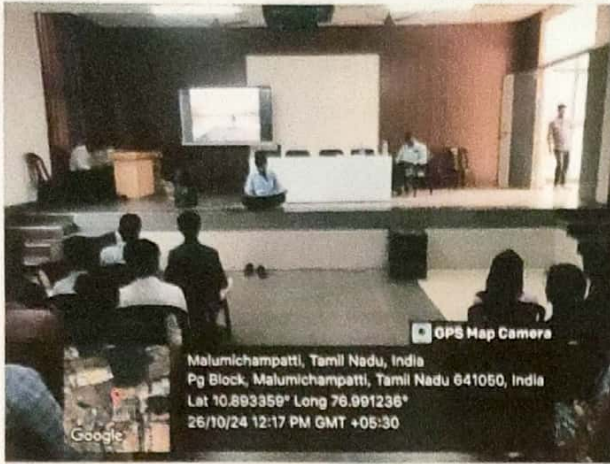
Geo-Tagged Photographs of Event

"A dream is what makes people love life even when it is painful"



UNIH.CBE

**“The rhythm of the body, the melody of the mind and the harmony of the soul
create the symphony of life”**





Hindusthan

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Valley Campus, Pollachi Highway, Coimbatore 641 032.

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Report for Organized

Name of the Faculty :Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: YOGA	
Category: Students & Faculty	
Title : Yoga for Youth EMpowerment	
Venue : Marutham Hall	
No. of Days :1 Day	Dates : 02.05.2025
Funded by : Management	
No. of Participants :97	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) :Prof.Suguna,Yoga Trainer, Sky Yoga, Pollachi.	
Outcomes of the Event : Students are very much interested to attend the program in future.	
Remarks and Feedback on the Event: Good Response from our student and faculty members.	
Plan of Implementing in HICET (if any): Yes	
Signature of the Faculty	HoD
	Principal



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Accredited with 4+1 grade by NAAC. An ISO certified and ranked among Campus Fosters, Highway Corridor No. 44/102

YOGA CLUB AND
SKYYOGA
JOINTLY ORGANISE

YOGA FOR YOUTH
EMPOWERMENT

PROF: SUGUNA PROF: AMBIGA PROF: VIJAYA
PROF: MURUGANANDHAM

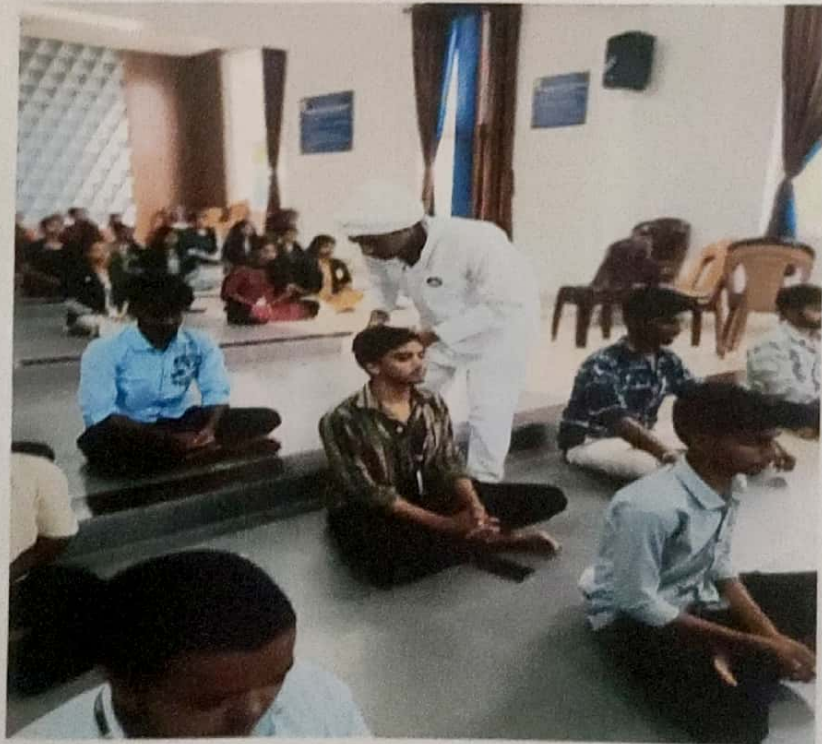
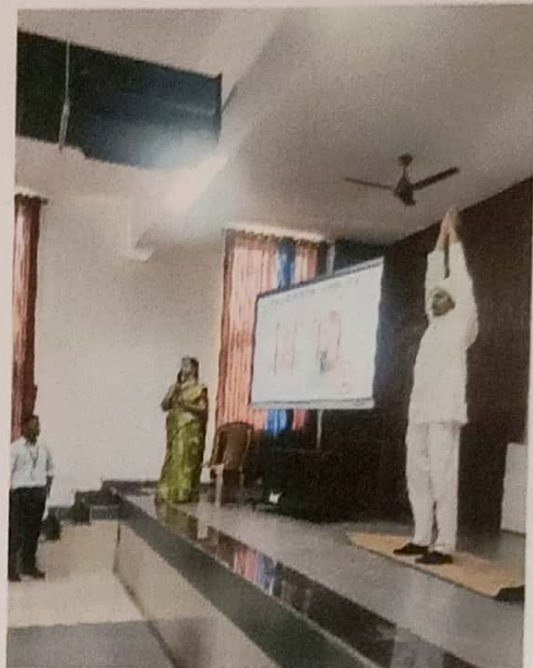
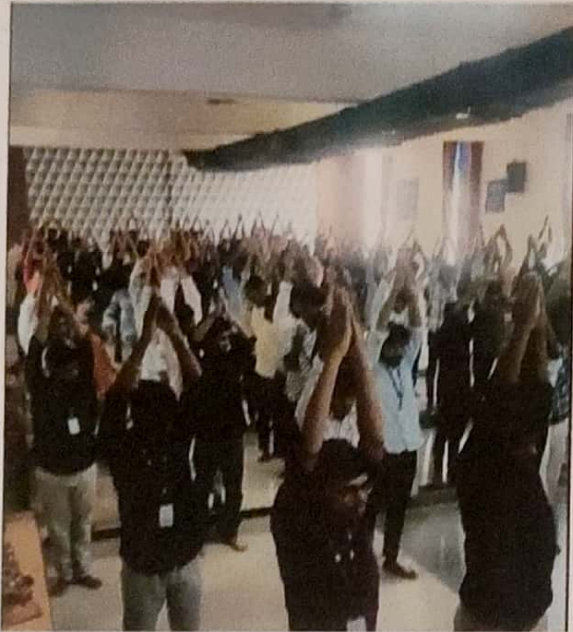
COORDINATOR CONVENOR PATRONS
Dr. K. KAVITHAMANI Dr. K. P. UMA Dr. J. JAYA
ASP/S&H H.o.D/S&H PRINCIPAL

FRIDAY
2.5.2025
TIME: 9:30-4:00

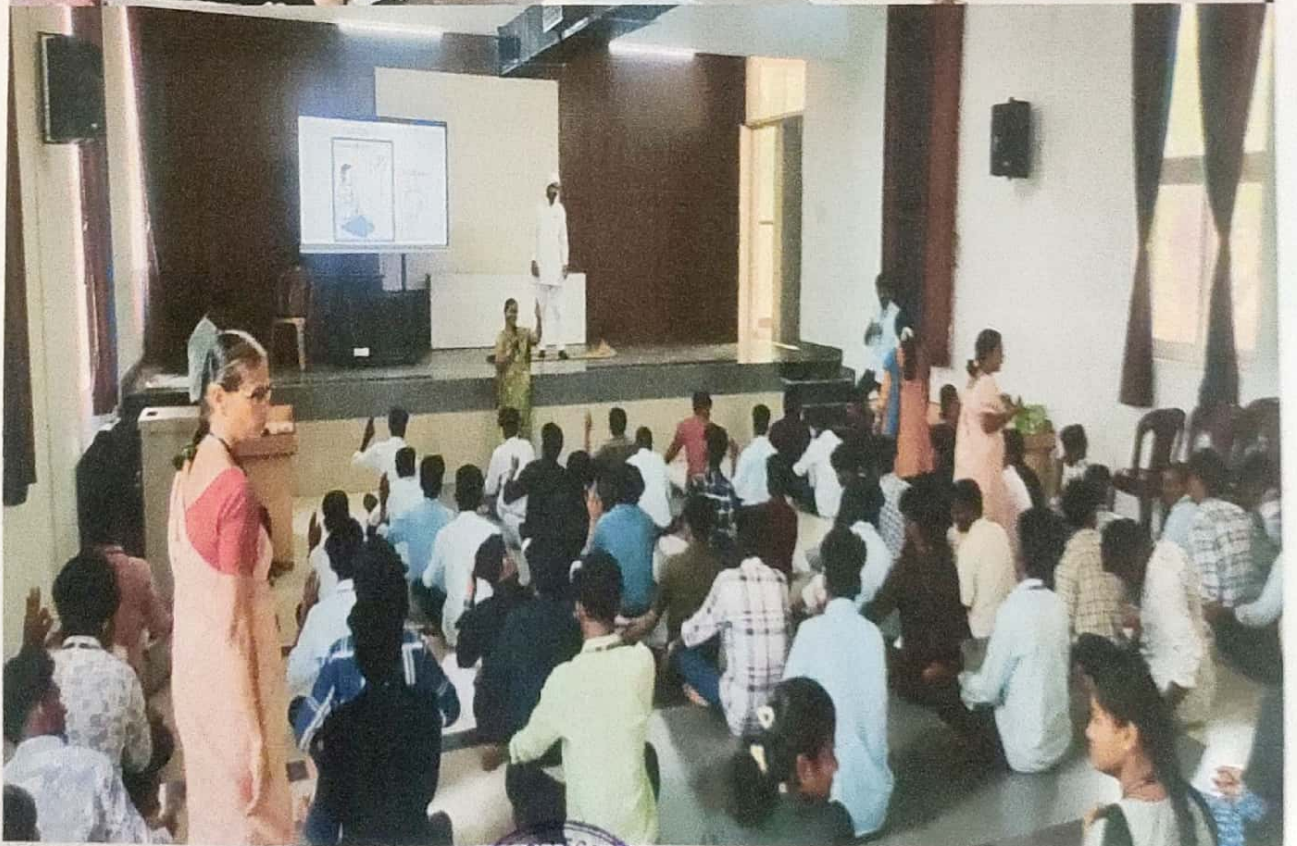
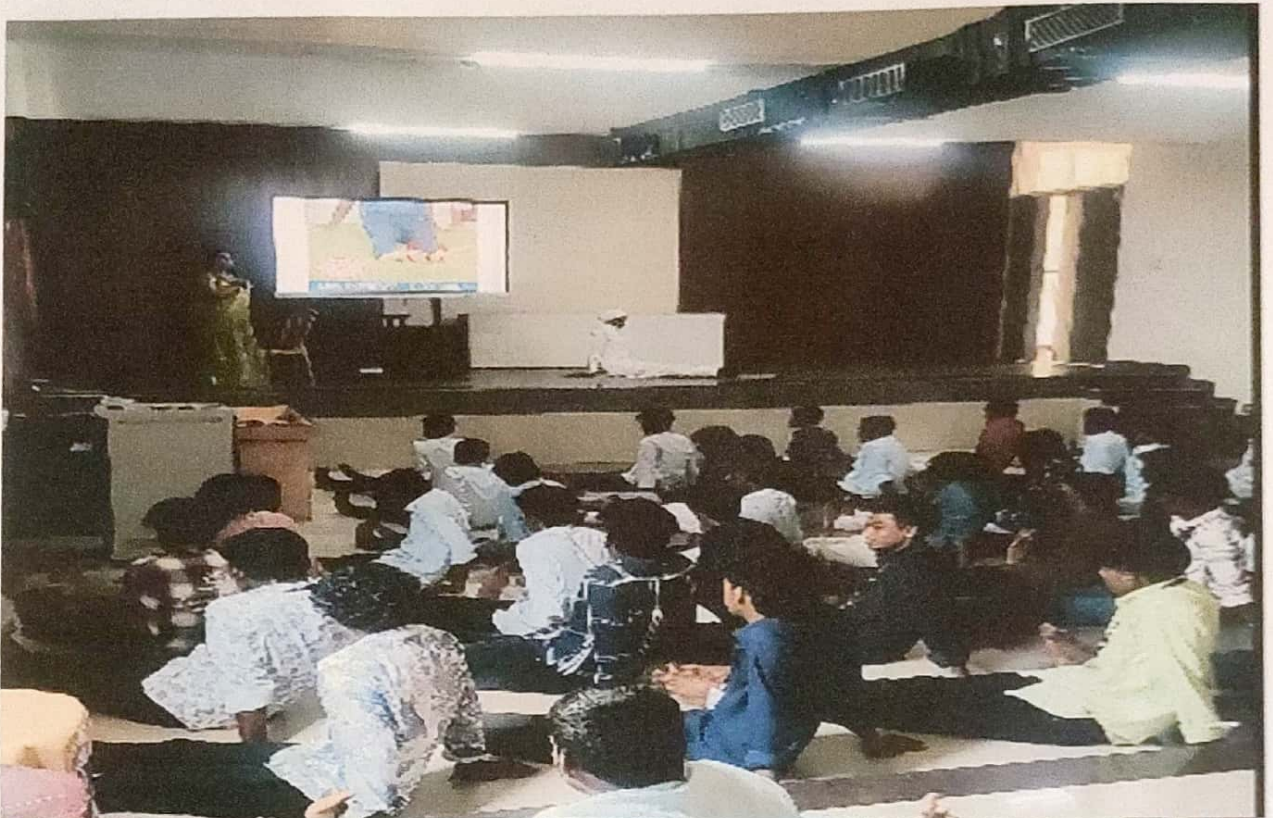
VENUE:
MARUTHAM
HALL

Geo-Tagged Photographs of Event

"The practice teaches us to surrender to life's flow and have faith in universal wisdom"



“Elevate your practice, Elevate your life”



"Breathe, flow, transform"

