


Hindusthan
**College of Engineering and Technology,
Coimbatore 641 032.**
www.hicet.ac.in
Club : YOGA CLUB
Academic Year :2021-2022
INDEX OF EVENTS

Activity	Date	Name of the Event	Number of Participants
1	5.6.2021-10.6.2021	Event: Environmental Rights and Governance	50
2	12.6.2021	Webinar on Environmental Crisis In The Times Of A Pandemic (SARS COV -2)	35
3	21.07.2021 - 25.7.2021	Workshop on Yoga Faculty Fitness Program	35
4	24.9.2021	YOGA FOR YOUTH	100
5	Jan 1- Feb 20	75 Surya Namaskar	Around 2000 Students
6	5.3.2022	Debate For Faculty members	50
7	5.3.2022	Debate For Students	45
8	20.3.2022-25.3.2022	Photo Contest	16
9	18.4.2022-20.4.2022	Selfie in a heritage site contest	16



10	6.4.2022- 11.6.2022	Surya Sakthi Program 15 days program	300 / day
11	11.6.2022	Save Soil	1105
12	21.6.2022	Yoga for Kids	192
13	24.8.2022	Meditation Myth and Facts	35
14	26.8.2022	Mindfulness in Education Begins to Thrive	123



Coordinator

Dr. J. Karthamair



Principal

PRINCIPAL

Hindusthan College of Engineering & Technology
COIMBATORE - 641 032



Hindusthan

College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

www.hicet.ac.in

Report of Organized

Name of the Faculty : Dr.K.KAVITHAMANI	
Department : MATHEMATICS	Designation : ASSOCIATE PROFESSOR
Nature of the Event: Conference / Seminar / Workshop / FDP / Refresher Course / Training / Industry Visit / Guest Lecture / Webinar / others	
Category: International / National / State / Regional / Industry / University / College Level	
Title : Environmental Crisis in the times of a pandemic(SARS – COV -2)	
Venue : HICET	
No. of Days : 1	Dates : 12.6.2021
Fundedby : UGC/CSIR/DST /DSIR/TNSCST /ICSSR /NCERT /INSA/....	
No. of Participants : 50	Registration charges (if any) : nil
Name and Designation of Resource Person(s) : Dr.V.S.ELAMURUGANB.E.,M.B.A.,M.H.R.M.,Ph.D., SENIOR EXECUTIVE, GAJANANDA TRUST,POLLACHI	
Outcomes of the Event : To Improve environmental awareness	
Remarks and Feedback on the Event: Nice	
Plan of Implementing in HICET (if any) : Next environment day	
Signature of the Faculty	
Principal	



PRINCIPAL

**Hindusthan College of Engineering & Technology
COIMBATORE - 641 032**

Copy of the Event Brochure / Invitation:



HINDUSTHAN
COLLEGE OF ENGINEERING AND TECHNOLOGY
(AN AUTONOMOUS INSTITUTION)
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE
ON BEHALF OF WORLD ENVIRONMENT DAY
YOGA CLUB ORGANIZES

WEBINAR ON
"ENVIRONMENTAL CRISIS IN THE TIMES
OF A PANDEMIC (SARS-COV-2)"

SPEAKER:



Dr. VISWANATHAN MAHALINGAM
DIRECTOR,
QUALIGRAFÉ AUTHOR SERVICES PRIVATE LIMITED
COIMBATORE

DATE : 12.06.2021
TIME : 11.30 AM

GOOGLE MEET LINK:
[HTTPS://MEET.GOOGLE.COM/XMA-PGQG-DCW](https://meet.google.com/XMA-PGQG-DCW)

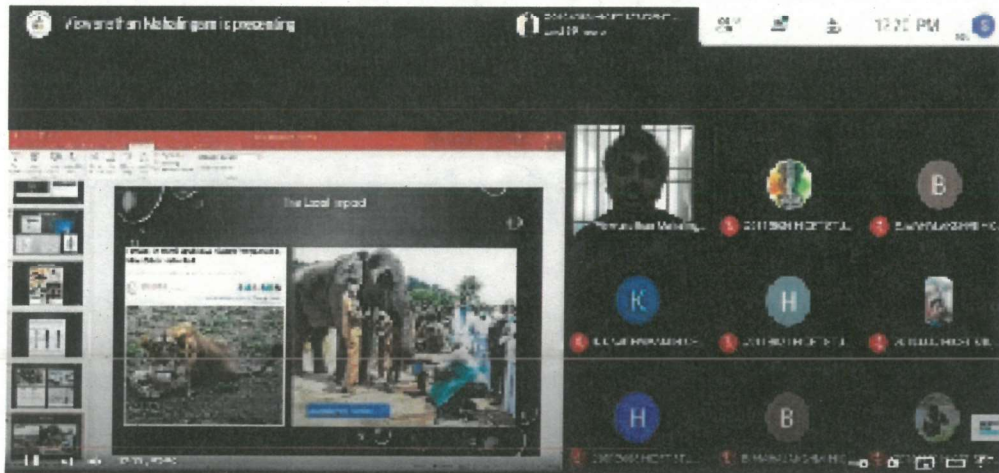
 **TO PARTICIPATE IN THE EVENT**
(CLICK HERE):
[HTTPS://FORMS.GLE/TvZB3CYDNN2PTAK2A](https://forms.gle/TvZB3CYDNN2PTAK2A)

SIDDHANT S 3 YEAR / CSE STUDENT COORDINATOR	MS B RAJALAKSHMI AP/PHYSICS EVENT ORGANIZER	YOGA CLUB MEMBERS EVENT COORDINATORS	Dr. K. KARUNAKARAN CEO / PRINCIPAL
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Geo Tagged Photographs of Event – 6 Nos:

Better Environment, Better Tomorrow





Hindusthan

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 : MATHEMATICS	Designation : ASSOCIATE PROFESSOR
Nature of the Event: Conference / Seminar / Workshop / FDP / Refresher Course / Training / Industry Visit / Guest Lecture / Webinar / others	
Category: International / National / State / Regional / Industry / University / College Level	
Title : Environmental Rights and Governance	
Venue : HICET	
No. of Days : 5	Dates : 5.6.2021-10.6.2021
Fundedby : UGC/CSIR/DST /DSIR/TNSCST /ICSSR /NCERT /INSA/....	
No. of Participants : 50	Registration charges (if any) : nil
Name and Designation of Resource Person(s) : nil	
Outcomes of the Event : To Improve environmental awareness among the students	
Remarks and Feedback on the Event: wonderful	
Plan of Implementing in HICET (if any) : Next environment day	
Signature of the Faculty Principal	



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Hindusthan College of Engineering & Technology
COIMBATORE - 641 032

Copy of the Event Brochure / Invitation:



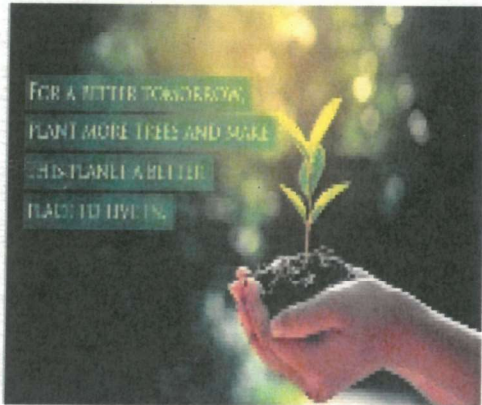
HINDUSTHAN
COLLEGE OF ENGINEERING AND TECHNOLOGY
(AN AUTONOMOUS INSTITUTION)
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE

SAVE NATURE!! FOR BETTER FUTURE!!!

**WORLD ENVIRONMENTAL
DAY EVENTS**

**EVENT : ENVIRONMENTAL RIGHTS AND
GOVERNANCE**

DATE: 05.06.2021- 10.06.2021



FOR A BETTER TOMORROW,
PLANT MORE TREES AND MAKE
THIS PLANET A BETTER
PLACE TO LIVE IN.

**FOR RULES AND REGULATIONS
(CLICK HERE):**
[HTTPS://FORMS.GLE/7MRFIKMLBJPCBSQA](https://forms.gle/7MRFIKMLBJPCBSQA)

**TO PARTICIPATE IN THE EVENT
(CLICK HERE):**
[HTTPS://FORMS.GLE/FTYCNX3KR9EH6CTU5](https://forms.gle/FTYCNX3KR9EH6CTU5)

SUBMIT AS VIDEO
1. PPT WITH VOICEOVER
2. VIDEO WITH VOICEOVER
TIME : 2-3 MINS

YOGA CLUB

SEMESTER
I YEAR / CBE
STUDENT COORDINATOR

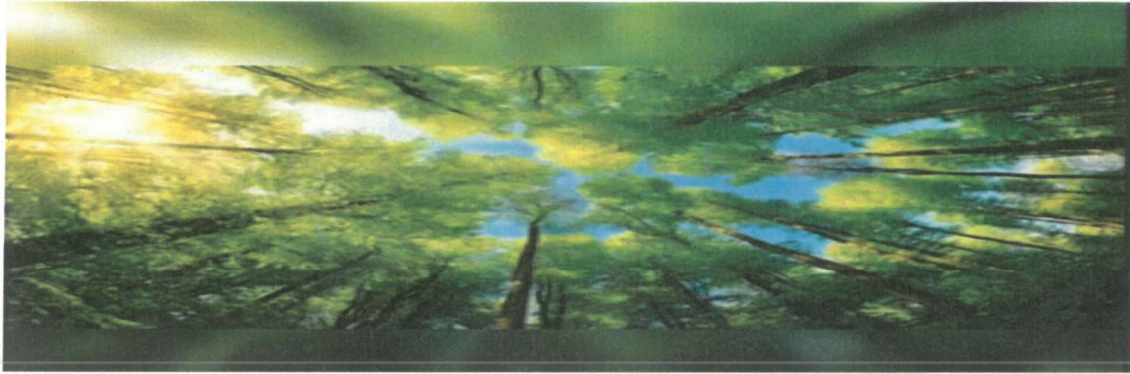
YOGA CLUB MEMBERS
TECHNICAL COORDINATOR

Dr.K.KARUNAKARAN
CEO / PRINCIPAL

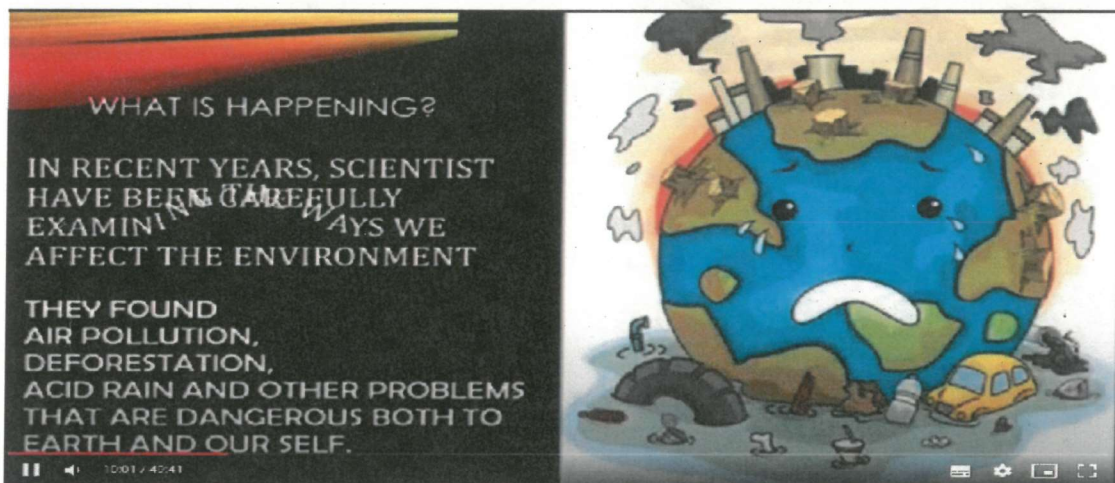


Geo Tagged Photographs of Event –6 Nos:

Nature



Wipe out pollution before it wipes you out





HINDUSTHAN
COLLEGE OF ENGINEERING AND TECHNOLOGY
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE

CERTIFICATE OF APPRECIATION

This certificate is proudly presented to

Ms.N.Nithya
AP / Physics

for being the **Coordinator** for "**ENVIRONMENTAL RIGHTS AND GOVERNANCE**" event
conducted by the Yoga Club of Hindusthan College of Engineering and Technology, Valley
Campus, Pollachi Highway, Coimbatore between June 5, 2021 to June 10, 2021.

Dr.K.KARUNAKARAN
Principal & CEO



HINDUSTHAN
COLLEGE OF ENGINEERING AND TECHNOLOGY
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE

CERTIFICATE OF PARTICIPATION

This is to certify that

Shriram S of Hindusthan College of Engineering and Technology, Coimbatore

has participated in "**ENVIRONMENTAL RIGHTS AND GOVERNANCE**" event
conducted by the Yoga Club of Hindusthan College of Engineering and
Technology, Valley Campus, Pollachi Highway, Coimbatore between
June 5, 2021 to June 10, 2021.

Dr.K.P.UMA
Prof & Head, B.E. Dept.
CONVEYER

Dr.K.KARUNAKARAN
Principal & CEO

For the Director, Hindusthan College of Engineering and Technology



Copy of the Participation/Issue Certificate:

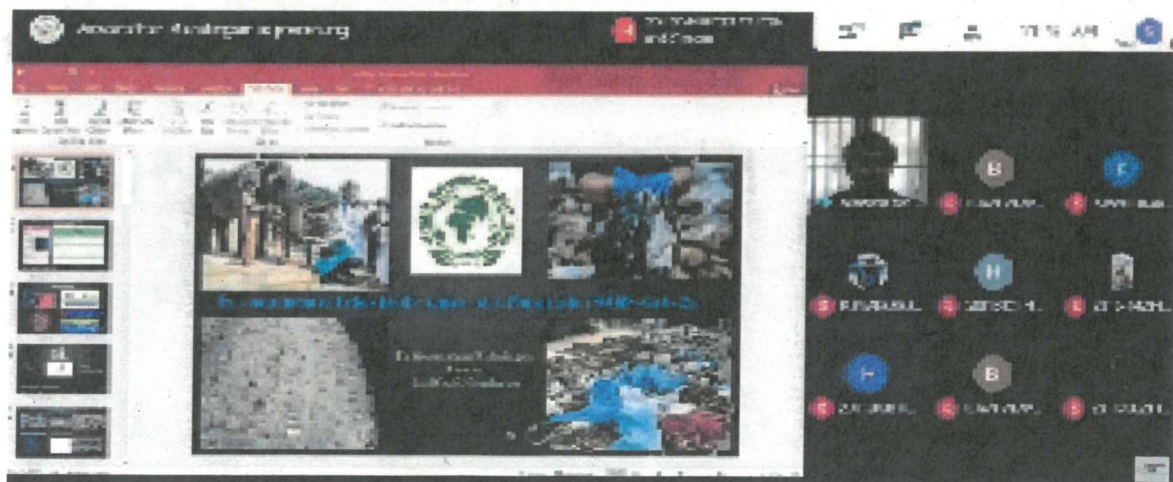
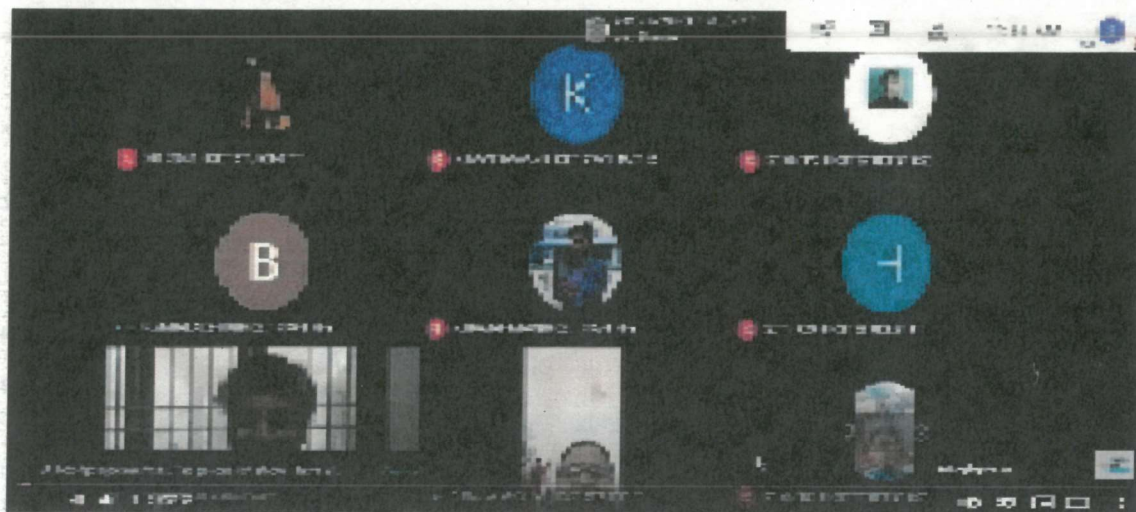
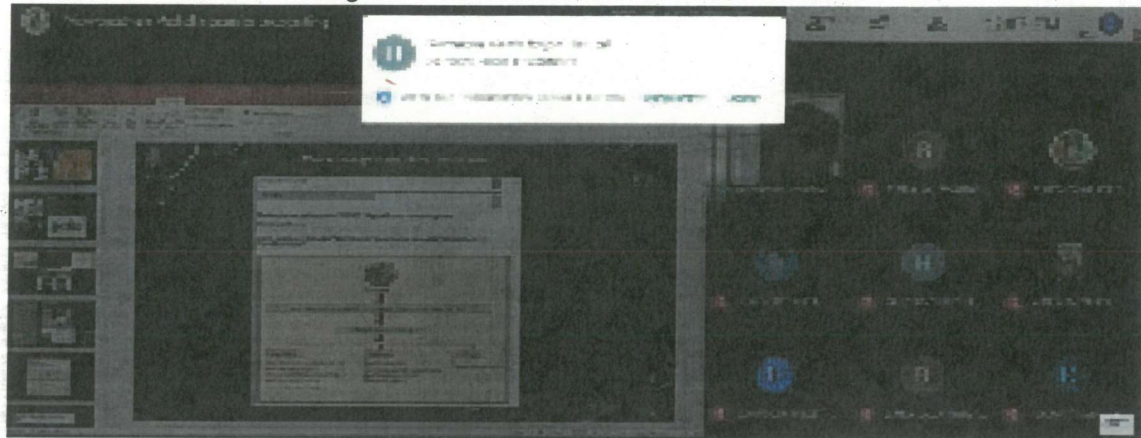
You tube link :

https://youtu.be/y_bPuEow69s

Feed back: Good



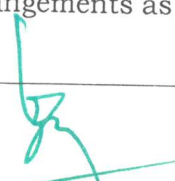
A little effort towards saving the environment is better than no effort





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

Report for WEBINAR organized

Name of the Faculty : Dr.K.KAVITHAMANI	
Department : MATHEMATICS	Designation : ASSOCIATE PROFESSOR
Nature of the Event: Conference / Seminar / Workshop / FDP / Refresher Course / Training / Industry Visit / Guest Lecture	
Category: International / National / State / Regional / Industry / University / College Level	
Title : FITNESS FOR FACULTY MEMBERS	
Venue : HICET	
No. of Days : 5	Dates : 21.7.2021 TO 25.07.2021
Fundedby : UGC/CSIR/DST /DSIR/TNSCST /ICSSR /NCERT /INSA/....	
No. of Participants : 35	Registration charges (if any) :
Name and Designation of Resource Person(s) : Dr.V.S.ELAMURUGANB.E.,M.B.A.,M.H.R.M.,Ph.D., SENIOR EXECUTIVE, GAJANANDA TRUST,POLLACHI	
Outcomes of the Event : Improve personal fitness by doing yoga	
Remarks and Feedback on the Event: Excellent	
Plan of Implementing in HICET (if any) : Staff members are asked to make arrangements as a live session.	
 Signature of the Faculty  Principal PRINCIPAL Hindusthan College of Engineering & Technology COIMBATORE - 641 032	



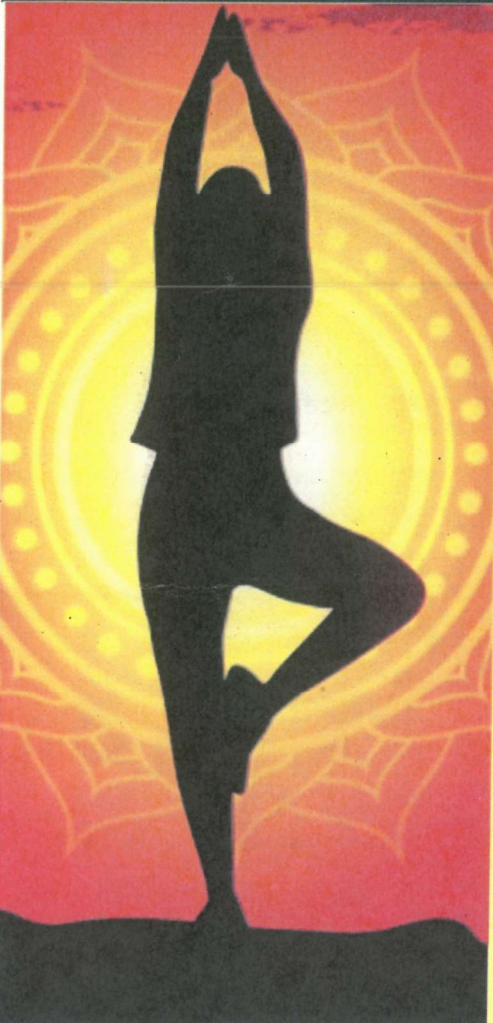
Copy of the Event Brochure / Invitation:



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COLLEGE OF ENGINEERING AND TECHNOLOGY

(AN AUTONOMOUS INSTITUTION)
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE



YOGA CLUB ORGANIZES

WORKSHOP ON YOGA FACULTY FITNESS PROGRAM

RESOURCE PERSON



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



Registration Link :
<https://forms.gle/FSN4ZhuX9oCCK7A26>

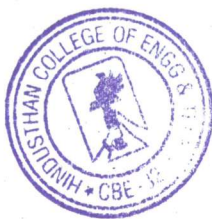
Google Meet Link :
<https://meet.google.com/unz-jhgj-sff>

DATE : 21-25 JULY, 2021
TIME : 9.30 - 10.30 AM

SHRIRAM.S
II YEAR/CSE
STUDENT COORDINATOR

YOGA CLUB & NSS
COORDINATORS

Dr.K.KARUNAKARAN
CEO / PRINCIPAL



Geo Tagged Photographs of Event – 8 Nos:

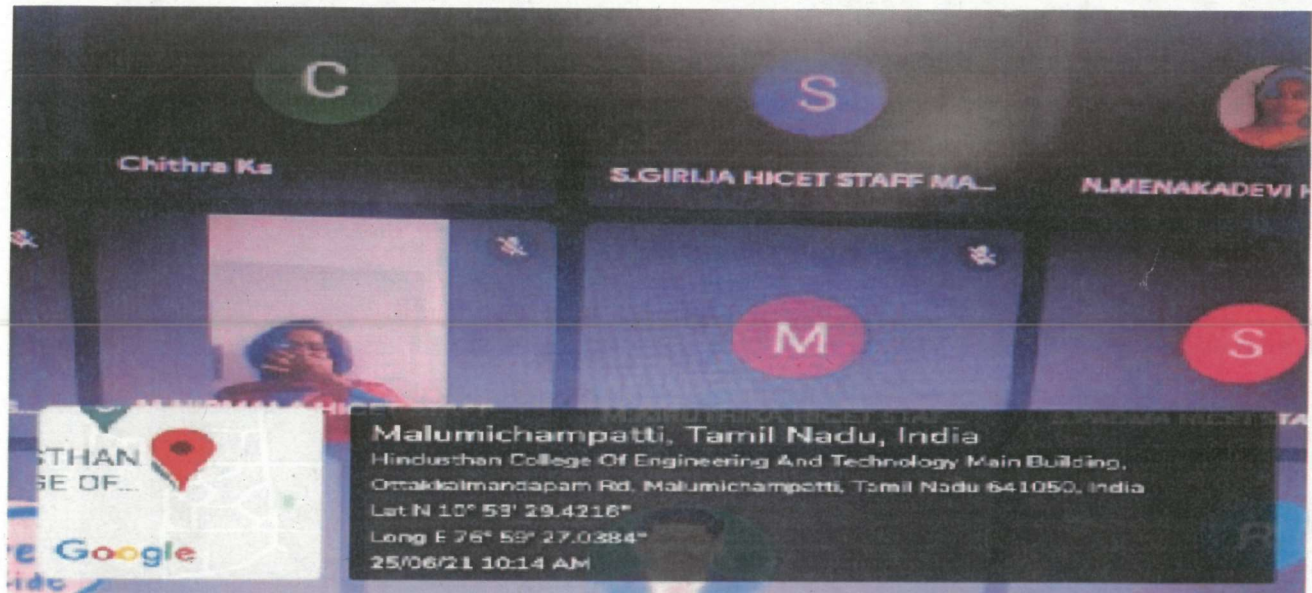
Ms.Anitha is doing yoga in front of participants.



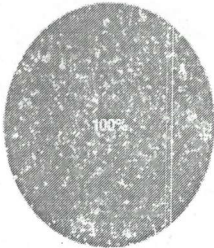
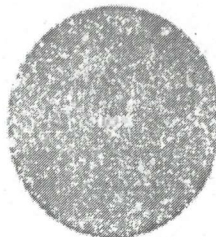
Active Participation of the participants



Yoga is a boon for all of us

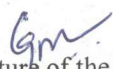


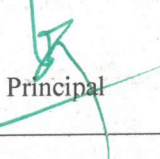

Hindusthan
College of Engineering and Technology,
Valley Campus, Pollachi Highway, Coimbatore 641 032.
www.hicet.ac.in
Report for Workshop organized / participated

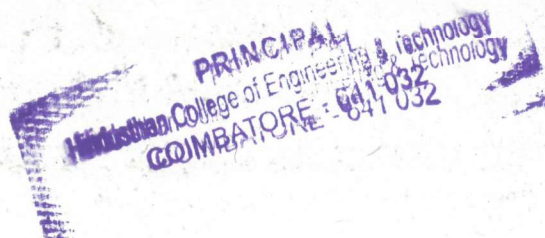
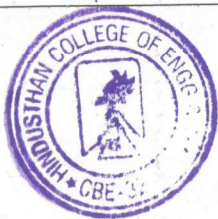
Name of the Faculty :Dr.B.Gomathi, Dr.K.Kavithamani	
Department : Technical Society Club and Yoga Club	Designation :Associate Professors
Name of the Event: AICTE Sponsored workshop on "Yoga for Youth" under SPICES scheme	
Level : College Level	
Venue: PG Seminar Hall Hindusthan College of Engineering and Technology	
Mode: Physical Mode	
No. of Days :1	Dates : 24/09/2021
Funded by : AICTE	
No. of Participants :60	Registration charges (if any) :Nil
Name and Designation of Resource Person(s) : Dr.V.S.Elamurugan Senior Executive Gajaanada Trust	
Outcomes : 1. Enabled the student to have good health. 2. Practiced mental hygiene. 3. Possessed emotional stability. 4. Attained higher level of consciousness	
Remarks and Feedback on the Event : Was the Webinar useful?  ☒ Yes ☐ No	Was the Content given by the speaker useful?  ☒ Yes ☐ No



Plan of Implementing in HiCET (if any) : YES


Signature of the Faculty


Principal



Copy of the Event Brochure / Invitation:



HINDUSTHAN

COLLEGE OF ENGINEERING AND TECHNOLOGY

(An Autonomous Institution)

Valley Campus , Pollachi Highway, Coimbatore - 32

YOGA CLUB

IN ASSOCIATION WITH

TECHNICAL SOCIETY CLUB OF HiCET

(Club for Promoting Interests, Creativity and Ethics among Students under AICTE-SPICES)

Cordially Invites you for the AICTE Funded Workshop on "YOGA FOR YOUTH"



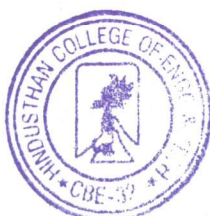
Chief Guest

Dr V S ELAMURUGAN
B.E, M.B.A, M.H.R.M, M.S, MA, Ph.D
Senior Executive
Gajaananda Trust

24 SEP 2021, Friday @ 10.00 AM
Venue : PG Seminar Hall

Yoga Club Members
Coordinators

Dr Karunakaran K
CEO & Principal



Geo Tagged Photographs of Event –

A way of feeling relaxed and calm:



Copy of the Participation/Issue Certificate:



HINDUSTHAN
COLLEGE OF ENGINEERING AND TECHNOLOGY
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE

CERTIFICATE OF PARTICIPATION

This is to certify that

MITHIN SHARMA R, Student of
Hindusthan College of engineering and technology

for participating in the **"Workshop on "YOGA FOR YOUTH"** event conducted by the Yoga Club of Hindusthan College of Engineering and Technology, Valley Campus, Pollachi Highway, Coimbatore between on September 24, 2021.

YOGA CLUB MEMBERS
Coordinators

Dr.K.KARUNAKARAN
Principal & CEO

This is an E-Certificate. Hence no Signature is required.




Hindusthan
College of Engineering and Technology,
Valley Campus, Pollachi Highway, Coimbatore 641 032.
HICET
www.hicet.ac.in
Report for Workshop organized / participated

Name of the Faculty : Dr.K.Kavithamani & Dr..J.Prakash	
Department : Yoga Club	Designation : Associate Professors
Name of the Event: 75 Surya Namaskar 2 days program	
Level : College Level	
Venue: Hicet	
Mode: Online	
No. of Days :21	Dates : 1.01.2022 to 20.02.2022
Funded by : Nil	
No. of Participants :60	Registration charges (if any) :Nil
Name and Designation of Resource Person(s) : Nil	
Outcomes : 1. Enabled the student to have good health. 2. Practiced mental hygiene. 3. Possessed emotional stability. 4. Attained higher level of consciousness	
Remarks and Feedback on the Event : Good	
Description: A TRIBUTE ON 75th ANNIVERSARY OF INDEPENDENCE 75 CRORE SURYANAMASAKAR a notional level world record event is organized by National Yogasana Sport Federation and Ministry of AYUSH. This event was scheduled from 01-01-22 to 20-02-22 our college students 2323 were enrolled and participated through online. The guest of honor was Dr. K.Karunakaran, CEO and Dr. J. Jaya, Principal. The program was organized by Dr.J.Prakash ASP/CSE ,Dr.Kavithamani ASP/Science and Humanities.	
Signature of the Faculty	Principal



PRINCIPAL
Hindusthan College of Engineering & Technology
COIMBATORE - 641 032



प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax : 011-2323 8858

E-mail : secy.ugt@nic.in

F.No. 2-5/2022(CPP-II)

13th January, 2022

Subject: 75 Crore Surya Namaskar Project.

Respected Madam/Sir,

The Ministry of AYUSH has been organizing AROGYA fair since 2001 and the Fair has been a great success in generating awareness and benefitting stakeholders through display of the latest trends in the Ayush sector. These fairs have been organized at many places in different States in the past.

Encouraged by the response of these fairs, Ministry of AYUSH is supporting National Yogasana Sport Federation (NYSF) with AYUSH Logo to conduct 75 crore Suryanamaskar project on Amrit Mahotsava celebrations on the occasion of 75th anniversary of Independence Day in 30 states involving 30000 institutes and 3 Lakh students and performing musical Suryanamaskar in front of Tricolouron 26th January, 2022.

All the universities and their constituent/affiliated colleges are requested to participate in the event and give wide publicity and disseminate the information about the event among the students, faculty and staff. The details of the process to be followed for participation in the event are given in the **Annexure**.

With kind regards,

Yours sincerely,

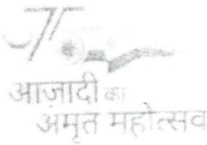

(Rajnish Jain)

Encl : As above

**The Vice-Chancellors of all Universities
The Principals of all the Colleges**



67/2022/U1A Section



750 Million Suryanamaskar

www.75suryanamaskar.com

Suryanamaskar

Date: 21.12.2021

To,
Hon'ble Secretary
Dept of Higher Education
Ministry of Education
Govt of India
127 C, Shasta Bhawan,
New Delhi

Subject: 75 Crore Surya Namaskar Project – Participation of organization under your department.

Respected Sir,

This is with reference to the attached letter issued by the hon. Secretary - Ministry of AYUSH, Govt. Of India. to your office regarding participation of concerned organization under your ambit in the 75 crore Surya Namaskar event. Following is the procedure that needs to be followed in order to participate in the event, by individuals and collectively as an organization, respectively.

1. Log-in to the Surya Namaskar event website: <https://www.75suryanamaskar.com/>
 2. (a) Through self-explanatory steps, register your organization as a participating institute.
(b) An individual can similarly register individually.
 3. Through an excel sheet, all the participants of your institute can be collectively registered for the event.
 4. By each participant – individual or part of an organization, 12 poses of Surya Namaskar Yogasana must be performed – 13 times every day – for 21 days (any days) within the duration of 51 days, starting from 01-Jan-22 to 20-Feb-22.
 5. (a) For an organization, a 1-minute video of collectively performing Surya Namaskar must be recorded daily by the organization. These videos can be shot offline or performed in a Facebook live session to create a digital footprint.
(b) For an individual, a 30-second video of performing Surya Namaskar must be recorded by participant from their phones.
 6. (a) On a daily basis, a group photograph of the practicing group must be taken at any stage of the Asana by the organization and kept in their records, for uploading on the website at a later designated stage which will be instructed to them.
(b) On a daily basis, a photograph of self must be taken at any stage of the Asana, and kept in their records by individuals, for uploading on the website at a later designated stage, which will be instructed to them.
- I request you to please issue these instructions to all the organizations under your ambit which intent to participate in this event.

Thank you in anticipation of a positive response

Thanks, and regards,

Dr. Jaideep Arya
Secretary General
NYSF

Organiser



Office

National Yogasana Sports Federation
Dr. G. Raghunath Mandir Campus, Nirman Samaj Hall,
Pocket 3, Phase 1, Sector 7, Dwarka, New Delhi - 110075
Email: nysf@75suryanamaskar.com
Mobile: 90233 10555



4

07-01-2022

To

The Project Chairman,
750 million Suryanamaskar Project,
NYSF.

Subject: Participation of our institute in this 75 crore Suryanamaskar Project.

Dear Sir/Madam

We wish to participate in the project of 750 million Suryanamaskar.

Our Information is as follow.

Name of the Institute	:	Hindusthan College of Engineering and Technology
Address	:	Valley Campus, Pollachi Highway, Coimbatore - 641 032, TamilNadu, INDIA.
No.of Participating students/teachers	:	2339
Name of the Person in charge for this Project	:	Dr.Prakash & Dr.K.Kavithamani
WhatsApp Number	:	9952832521 & 9047054447
Email:	:	prakash.cse@hicet.ac.in/kavithamani.amths@hicet.ac.in

Kindly enroll us to this project.

Seal of the Institution



Sign & Name of

the Head of the Institution

Dr. J. JAYA, M.Tech., Ph.D
PRINCIPAL

Hindusthan College of Engineering & Technology
Valley Campus, Pollachi Highway, Coimbatore - 641 032.

**HINDUSTHAN COLLEGE OF ENGINEERING AND TECHNOLOGY
COIMBATORE-641032**

BOYS STUDENTS FOR SURYANAMASKAR EVENT

S.no	Roll No.	Student Name	Course	Batch
1	720721101001	ABDUL ASIF A	B.E AERO	2021
2	720721101011	ASHOK K S	B.E AERO	2021
3	720721101007	ANCILIN PRASAD F	B.E AERO	2021
4	720721101045	PRABAHARAN	B.E AERO	2021
5	720721101052	SHANMUGA GANKATHARAN A	B.E AERO	2021
6	720721101016	DHANISH L	B.E AERO	2021
7	720721101053	SHYAM KUMAR S	B.E AERO	2021
8	720721101047	PRAVEEN V	B.E AERO	2021
9	720721101031	MADHUGOPAL S K	B.E AERO	2021
10	720721101046	PRAVEEN V	B.E AERO	2021
11	720721101009	ARULSELVAN R	B.E AERO	2021
12	720721101055	SURYA D	B.E AERO	2021
13	720721101020	FRANCIS EMMANUEL G S	B.E AERO	2021
14	720721101029	KAMALESH G V	B.E AERO	2021
15	720721101034	MOHAMED JAFEER	B.E AERO	2021
16	720721101036	MOHAMED YASIN K	B.E AERO	2021
17	720721101014	BHARANIDHARAN S	B.E AERO	2021
18	720721101050	RIZVAN UMMER	B.E AERO	2021
19	720721101002	ABHINAV C	B.E AERO	2021
20	720721101037	MOHAMMED HASHIR	B.E AERO	2021
21	720721101059	VINAYAK S KUMAR	B.E AERO	2021
22	720721101060	YOGESH J	B.E AERO	2021
23	720721101057	VEERAMANI J	B.E AERO	2021
24	720721101051	RUPEESH G	B.E AERO	2021
25	720721101048	RAGUL V	B.E AERO	2021
26	720721101043	NIDHIN SAMUEL	B.E AERO	2021
27	720721101042	NAVINKUMAR A	B.E AERO	2021
28	720721101041	NAVIN BABU	B.E AERO	2021
29	720721101040	MUKUNTHAN T	B.E AERO	2021
30	720721101039	MUHAMMED ROSHAN E K	B.E AERO	2021
31	720721101038	MOHAMMED ISMAIL S	B.E AERO	2021
32	720721101035	MOHAMED RASHITH M	B.E AERO	2021
33	720721101033	MAYIL RAJ B	B.E AERO	2021
34	720721101032	MANOJ R	B.E AERO	2021
35	720721101025	JAIVIGNESH K	B.E AERO	2021
36	720721101024	JAGAN J	B.E AERO	2021
37	720721101023	HARIVASANTH P	B.E AERO	2021
38	720721101022	GODWIN V	B.E AERO	2021
39	720721101021	GAJENDIRAN I	B.E AERO	2021
40	720721101019	DON C ABIHAIL	B.E AERO	2021
41	720721101018	DISHANTH K	B.E AERO	2021



426	19112024	GIRANBEDE M	BE BME	2019
427	19112021	FARIYA AL RAFIYA M	BE BME	2019
428	19112020	ELAVARASI K	BE BME	2019
429	19112016	DEVA SHEELA CATHRIN R	BE BME	2019



361	720721105036	NITHISH JOYAL A	B.E EEE	2021
362	720721105063	NAVEENKUMAR S	B.E EEE	2021
363	720721105033	MOWNISH A	B.E EEE	2021
364	720721105029	MOHAMED RISWAN M	B.E EEE	2021
365	720721105028	MEYYANATHAN S	B.E EEE	2021
366	720721105025	LOGESH S	B.E EEE	2021
367	720721105020	GUNASEKAR M	B.E EEE	2021
368	720721105019	GOWTHAM N	B.E EEE	2021
369	720721105017	GOPI A	B.E EEE	2021
370	720721105016	GOKULGANDHI E	B.E EEE	2021
371	720721105014	DHIVISHATH S J	B.E EEE	2021
372	720721105013	DEVENDRAN M	B.E EEE	2021
373	720721105012	BHARATH G	B.E EEE	2021
374	720721105011	ARUNMOZHIVARMAN S	B.E EEE	2021
375	720721105010	ARUMUGAM AKASH M	B.E EEE	2021
376	720721105009	ARAVINDHASAMI S	B.E EEE	2021
377	720721105006	AJIN RAJ K R	B.E EEE	2021
378	720721105002	ABIN K	B.E EEE	2021
379	720721105001	ABHISHEK K V	B.E EEE	2021
380	720721107017	RISHI M	B.E EIE	2021
381	720721107004	GIRIDHARAN B	B.E EIE	2021
382	720721107013	MOHAMMED SHAFITH S Y	B.E EIE	2021
383	720721107002	ADITHYAN R	B.E EIE	2021
384	720721107027	VIVIN MATHEW L	B.E EIE	2021
385	720721107014	NARENDRA KUMARAN R	B.E EIE	2021
386	720721107022	SUNILKUMAR M	B.E EIE	2021
387	720721107012	MOHAMED JASIL T K	B.E EIE	2021
388	720721107025	VIGNESH M	B.E EIE	2021
389	720721107026	VINESH R	B.E EIE	2021
390	720721107024	VALLAVAN S	B.E EIE	2021
391	720721107023	SURYA M	B.E EIE	2021
392	720721107021	SRIRAM R	B.E EIE	2021
393	720721107020	SRI GANESH M	B.E EIE	2021
394	720721107031	SOUNDAR T	B.E EIE	2021
395	720721107018	SAKTHIYA PRIYAN N	B.E EIE	2021
396	720721107016	RAKESH R	B.E EIE	2021
397	720721107015	NIKASH R	B.E EIE	2021
398	720721107011	MOHAMED ARSATH J	B.E EIE	2021
399	720721107010	KANISHK D	B.E EIE	2021
400	720721107009	KAMALESH G	B.E EIE	2021
401	720721107007	GURUBALA M	B.E EIE	2021
402	720721107005	GOKULAVARNAN S	B.E EIE	2021
403	720721107003	AYYAPPAN R	B.E EIE	2021
404	720721107001	ABINEESH K	B.E EIE	2021
405	720721108040	JEFRIABINESSH J	B.E MECH	2021
406	720721108001	ABAY JOE D P	B.E MECH	2021



Copy of the Event Brochure / Invitation:

75
आज़ादी का
अमृत महोत्सव

Supported by

MINISTRY OF
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YOGASANASPORTS
FEDERATION

PATANJALI

heartfulness
advancing in love

क्रीडा-भारती

गोला परिवार

Supported by

Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्पर्क परिषद्

KHELO
INDIA

75 स्वर्ण
करोड़ नमस्कार

स्वतंत्रता की 75वीं वर्षगाँठ के उपलक्ष्य में राष्ट्र वंदना

75 करोड़ सूर्यनमस्कार

Registration Open Till 20th February 2022

FIT
INDIA

ASSOCIATION OF INDIAN UNIVERSITIES



Geo Tagged Photographs of Event – 2 Nos:

Yoga connects you to the almighty!



Copy of the Participation/Issue Certificate:

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75 Azadi Ka Amrit Mahotsav

Organised by

Crere Surya Namaskar
Certificate

750 Million Suryanamaskar

K.Kavithamani

has participated in the 750 Million Suryanamaskar challenge for 21 days organized on the auspicious occasion of the 75th anniversary of Independence of India - Azadi Ka Amrit Mahotsav.

Hon. Patrons

Dr. Jaideep Arya
President, Patanjali Yogpeeth

Swami Govind Dev Giri
Founder, Geeta Parivar

Dr. Sanjay Malpani
Project Director

Dr. Ramesh Chandra
President, Patanjali Yogpeeth

Dr. Jaideep Arya
President, Event Committee

Udit Sheth
Vice President

Dr. Sanjay Malpani
Project Director

Dr. Ramesh Chandra
President, Patanjali Yogpeeth

Dr. Jaideep Arya
President, Event Committee

Udit Sheth
Vice President

Dr. Sanjay Malpani
Project Director

Central Organising Committee

www.75suryanamaskar.com

Supported by

75 Azadi Ka Amrit Mahotsav

Organised by

Crere Surya Namaskar
Certificate

750 Million Suryanamaskar

Dr R.Poornima

has participated in the 750 Million Suryanamaskar challenge for 21 days organized on the auspicious occasion of the 75th anniversary of Independence of India - Azadi Ka Amrit Mahotsav.

Hon. Patrons

Dr. Jaideep Arya
President, Patanjali Yogpeeth

Swami Govind Dev Giri
Founder, Geeta Parivar

Dr. Sanjay Malpani
Project Director

Dr. Ramesh Chandra
President, Patanjali Yogpeeth

Dr. Jaideep Arya
President, Event Committee

Udit Sheth
Vice President

Dr. Sanjay Malpani
Project Director

Dr. Ramesh Chandra
President, Patanjali Yogpeeth

Dr. Jaideep Arya
President, Event Committee

Udit Sheth
Vice President

Dr. Sanjay Malpani
Project Director





Hindusthan

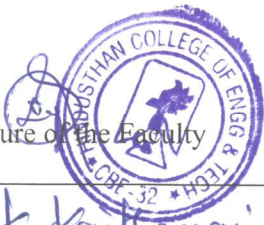
College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

www.hicet.ac.in

Report for _Debate_organized

Name of the Faculty :Dr.K.KAVITHAMANI	
Department :S&H	Designation :ASP
Name of the Event:	
உடல் நலத்தைப் பேணிக் காப்பதில் முக்கிய பங்கு வகிப்பது உணவும், உணவுக் கட்டுப்பாடும் அல்லது உடல் பயிற்சியும், தியானமும்.	
Level : College Level	
Venue / Mode: Kuringi Hall	
No. of Days :1	Dates : 5.03.2022
Funded by : FREE	
No. of Participants :50	Registration charges (if any) :NIL
Name and Designation of Resource Person(s) :	
JUDGE: Dr. Magudeswaran. P. N Dean Academics / HICET	
உணவுக் கட்டுப்பாடு: D.Amalraju AP/Mech Dr.S.Kannan ASP/Mech Dr. Vandarkulazhi T ASP/EEE M. Nirmala AP/MCA	உடல் பயிற்சியும், தியானமும்: K. Alagar raja AP/Chem L Karthik AP/Mech Dr. T. Murugeswari ASP/EEE S.Jainulabudeen AP/Phy
Outcome :	
1. Improved Critical Thinking Skills 2. Quick-Thinking. 3. Emotional Control. 4. Enhancing the ability to structure and organize thoughts.	
Remarks and Feedback on the Event: Excellent	
Plan of Implementing in HiCET (if any) : Yes	
Signature of the Faculty <i>Dr. K. Kavithamani</i>	



PRINCIPAL Principal
Hindusthan College of Engineering & Technology
COIMBATORE - 641 032

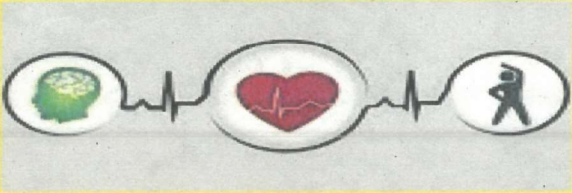
Copy of the Event Brochure / Invitation:

HINDUSTHAN
COLLEGE OF ENGINEERING AND TECHNOLOGY
(AN AUTONOMOUS INSTITUTION)
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE-641032

75th Anniversary of India's Freedom celebration

YOGA CLUB & TAMIL MANDRAM JOINTLY ORGANISE DEBATE ON

உடல் நலத்தைப் பேணிக் காப்பதில் முக்கிய பங்கு வகிப்பது உணவும், உணவுக் கட்டுப்பாடும் அல்லது உடல் பயிற்சியும், தியானமும்.



JUDGE:
Dr. Magudeswaran. P. N
Dean Academics / HICET

VENUE
Kurinji Hall, Hicet

FACULTY TIMINGS
Date : 5.3.2022
Time : 11.30am

STUDENT TIMINGS
Date : 5.3.2022
Time : 3.00pm

Interested faculty members and students can register their topics

Registration Link :
<https://forms.gle/jW11u5bqs16VeXTF9>

Coordinators
Yoga club & tamil Mandram
Members

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



Geo Tagged Photographs of Event – 2 Nos:

“Do what you can, with what you have, where you are.” —Theodore Roosevelt.



HINDUSTHAN COLLEGE OF ENGINEERING AND TECHNOLOGY
(AN AUTONOMOUS INSTITUTION)
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE-641032

YOGA CLUB & TAMIL MANDRAM JOINTLY ORGANISE DEBATE ON

உடல் நலத்தைப் பேணிக் காப்பதில் முக்கிய பங்கு வகிப்பது உணவும், உணவுக் கட்டுப்பாடும் அல்லது உடல் பயிற்சியும், தியானமும்.

JUDGE:
Dr. Magudheswaran. P. N
Dean Academics / HiCET

VENUE
Kuringi Hall, HiCET

FACULTY TIMINGS
Date : 5.3.2022
Time : 11.30am

உணவுக் கட்டுப்பாடு:
Dr. S. Kishan ASP/Mech
Dr. V. Sundarabali T. ASP/EEE
M. Nimmala ASP/MCA

உடல் பயிற்சியும், தியானமும்:
K. Alagar Raja ASP/Chem
S. Karthik ASP/Mech
Dr. T. Manjushree ASP/EEE
S. Jeyarajasekaran ASP/Phy



Coordinators
Yoga Club & Tamil Mandram
Members

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







Hindusthan

College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

www.hicet.ac.in

Report for _Debate_organized

Name of the Faculty :Dr.K.KAVITHAMANI	
Department :S&H	Designation :ASP
Name of the Event:	
உடல் நலத்தைப் பேணிக் காப்பதில் முக்கிய பங்கு வகிப்பது உணவும், உணவுக் கட்டுப்பாடும் அல்லது உடல் பயிற்சியும், தியானமும்.	
Level : College Level	
Venue / Mode: Kurinji Hall	
No. of Days :1	Dates : 5.03.2022
Funded by : FREE	
No. of Participants :45	Registration charges (if any) :NIL
Name and Designation of Resource Person(s) : Mr.Amalraju AP/Mech	
Outcome :	
1. Enhancing the ability to structure and organize thoughts.. 2. Improving learners' ability to form balanced, informed arguments 3. Resolution of Conflict. 4. Greater Empathy.	
Remarks and Feedback on the Event: Excellent	
Plan of Implementing in HiCET (if any) : Yes	
 Signature of the Faculty  Principal	



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Hindusthan College of Engineering & technology
COIMBATORE - 641 032

Copy of the Event Brochure / Invitation:



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COLLEGE OF ENGINEERING AND TECHNOLOGY
(AN AUTONOMOUS INSTITUTION)
VALLEY CAMPUS, POLLACHI HIGHWAY, COIMBATORE-641032

75th
Anniversary of
India's
Freedom
celebration

**YOGA CLUB & TAMIL MANDRAM
JOINTLY ORGANISE DEBATE ON**

**உடல் நலத்தைப் பேணிக் காப்பதில் முக்கிய பங்கு
வகிப்பது உணவும், உணவுக் கட்டுப்பாடும் அல்லது
உடல் பயிற்சியும், தியானமும்.**



JUDGE:
Dr. Magudeswaran. P. N
Dean Academics / HICET

VENUE	FACULTY TIMINGS	STUDENT TIMINGS
Kurinji Hall, Hicet	Date : 5.3.2022 Time : 11.30am	Date : 5.3.2022 Time : 3.00pm

**Interested faculty members and students
can register their topics**

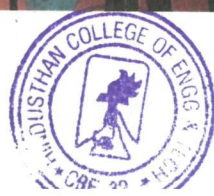
Registration Link :
<https://forms.gle/jW11u5bqs16VeXTF9>

Coordinators	Patrons
Yoga club & tamil Mandram Members	Dr.J.Jaya Principal Dr.K.Karunakaran CEO

Page 2 of 4

Geo Tagged Photographs of Event – 2 Nos:

“Inspiration does exist, but it must find you working.”

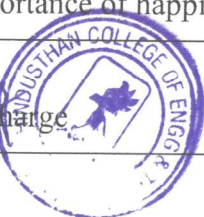


Copy of the Participation/Issue Certificate:



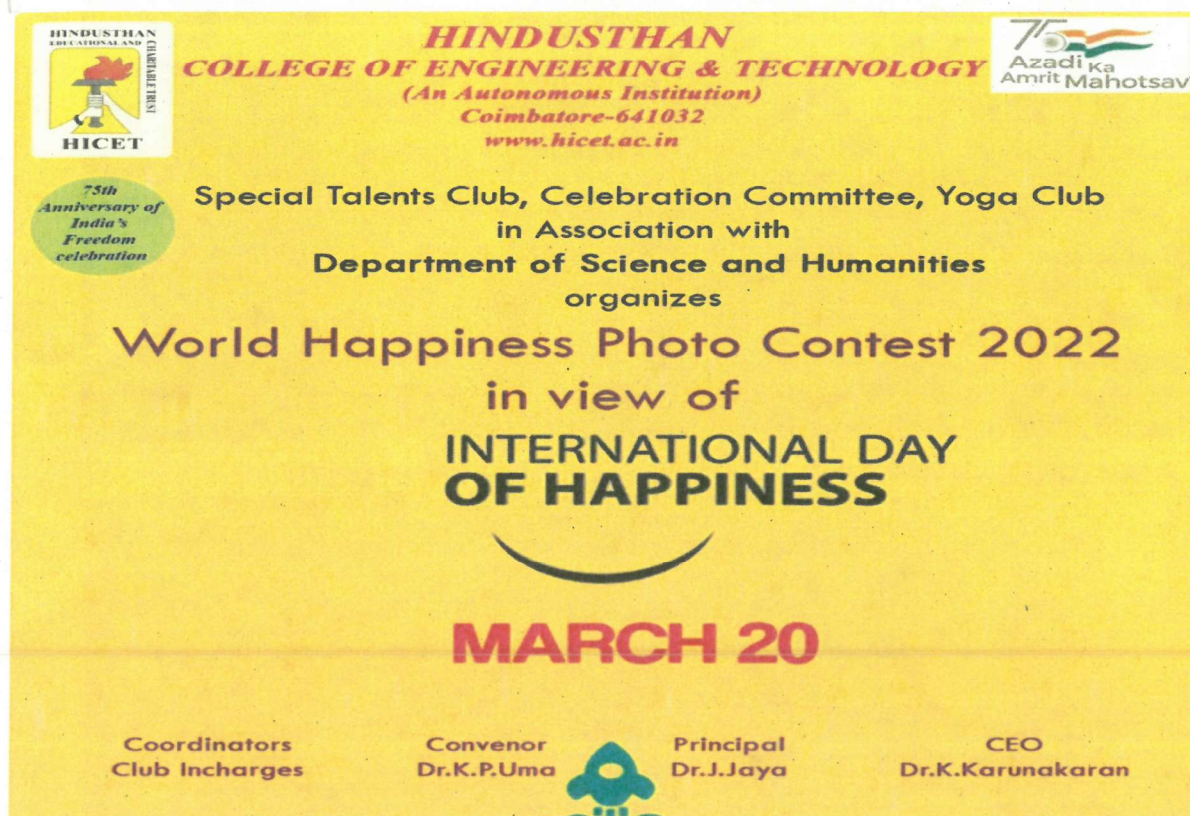
Hindusthan
College of Engineering and Technology,
Valley Campus, Pollachi Highway, Coimbatore 641 032.
www.hicet.ac.in
Report for program organized

Name of the faculty : Dr K.Kavithamani	
Department :Science and Humanities	Designation: ASP
Name of the Event ; World Happiness Photo Contest 2022	YOGA CLUB
Level: College Level	
Venue/mode : ONLINE	
Link to enrol : https://forms.gle/CpKtfrJtVKw2DyVP6	
No. of Days: 04	Date: 20.03. 2022 - 25.03.2022
Funded by:-Management	
No. of Participants:16	Registration Charges (if any):- NIL
Name and Designation of Resource Person(s):nil	
Outcome of the Event:. The primary objective of celebrating International Day of Happiness is to spread the importance of happiness. We all have places, people, hobbies,events, and so on that brings us happiness, and we are inviting you to share these with us through this photography contest.	
Remarks and Feedback of the Event: Good event World Happiness Photo Contest helped the students to use the power of images to motivate people and help people stay happy even amidst uncertainties. The contest received participation from students , showing moments of people from all walks of life.	
Plan of Implementing in HiCET (if any): Yes to conduct more events and Enable students to know about the importance of happiness & stay happy even amidst uncertainties.	
Faculty Incharge	Principal



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COIMBATORE - 641 032

Image of the Invitation/ Brochure



Geo Tag photo

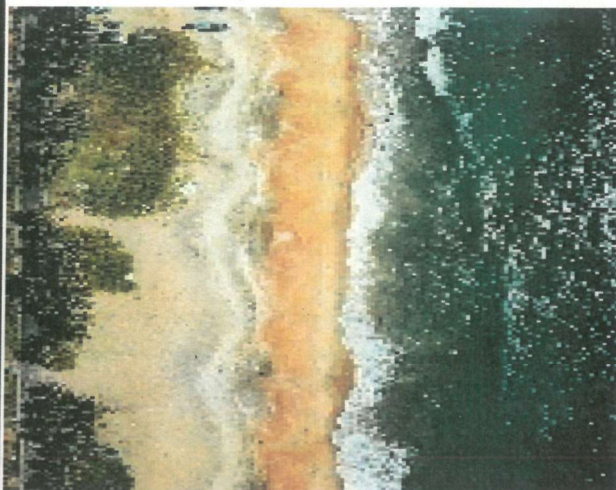


MOHAMED ARSHAD J/2ND AIML 720721114006 AMIRTHA SANKAR A S/CHEM





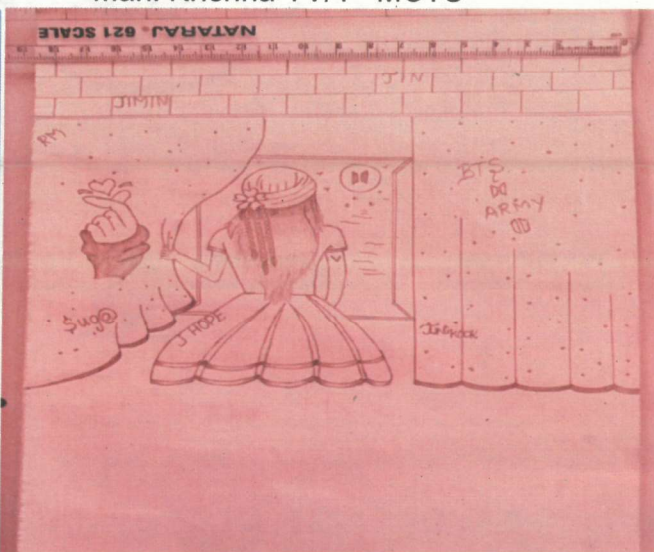
AJAY GIREESH /2ND AIML



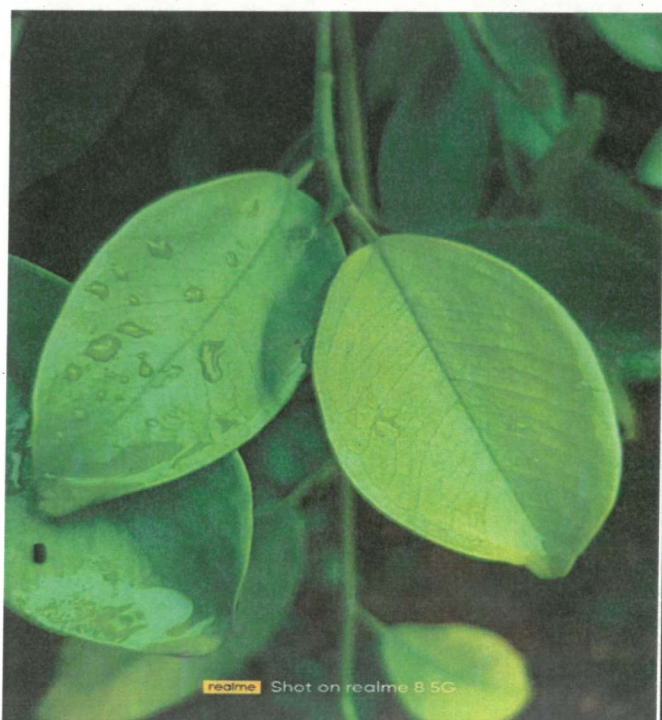
Mahi Krishna TV/1st MCTS



Karthika Viswanathan



MIRACLINE REBONIA M 1st food tech

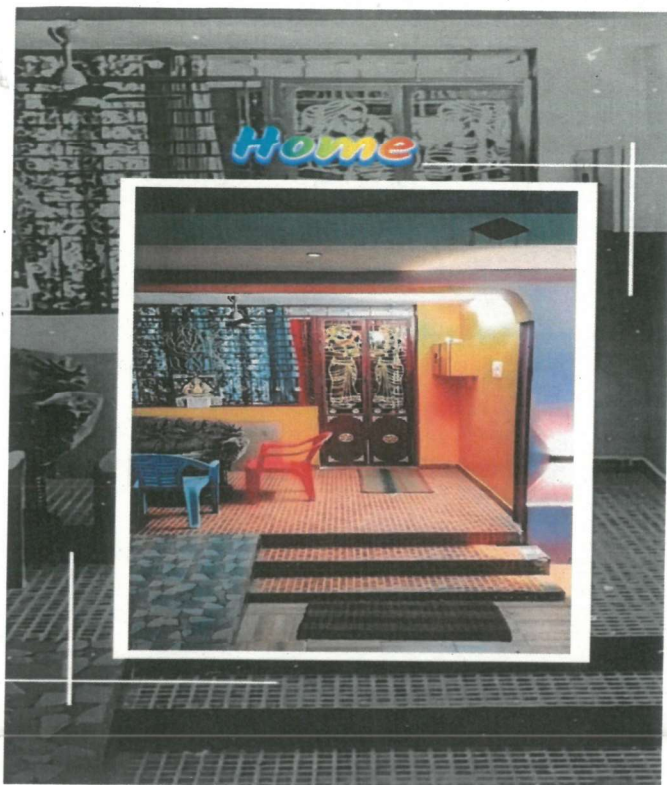


Mohamed Arsath/

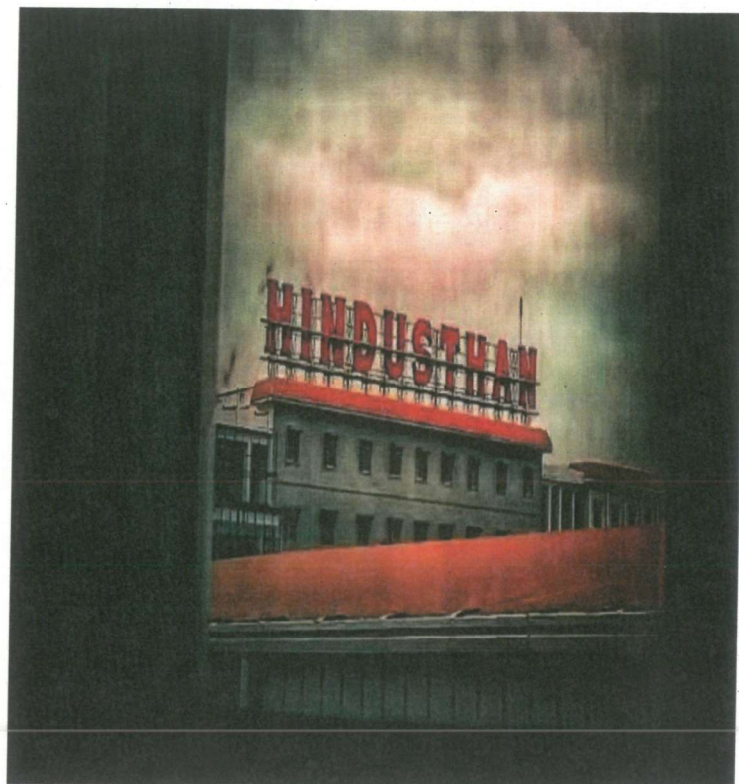


THANVEER AHAMED K S/1 CHEM





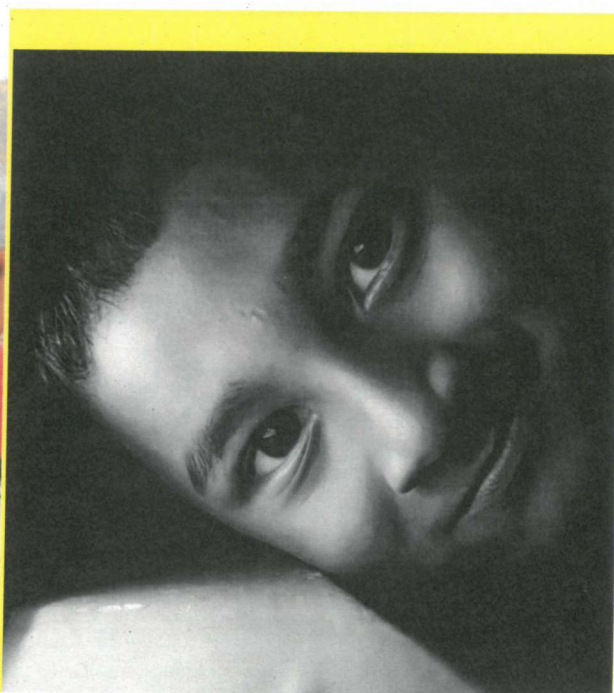
Sushmitha, B.Tech Food technology, I year



- 720721110037 ROHAN S



Abel T Varghese/3rd chemical



ABDUL AKRAM A



yoga club

Hindusthan

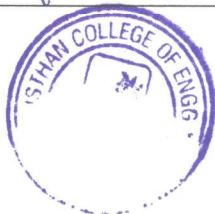
College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

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Report for EVENT ORGANIZED

Name of the faculty : Dr .K.Kavithamani	
Department :Science and Humanities	Designation: ASP
Name of the Event ; SELFIE IN A HERITAGE SITE CONTEST** from 18 to 20th April in view of WORLD HERITAGE DAY .	Yoga Club
Level: College Level	
Venue/mode : ONLINE	
Link to enrol: https://forms.gle/wHfHpyhZHiipBz5A8	
No. of Days: 3	Date: 18.04. 2022 - 20.04.2022
Funded by:-Management	
No. of Participants:10	Registration Charges (if any):- NIL
Name and Designation of Resource Person(s):nil	
Outcome of the Event:. *World Heritage Day is a day recognised to raise awareness about preserving the history , diversity and vulnerability of World Heritage sites and monuments .we are inviting you to share these with us through Selfie in a heritage site contest.	
Remarks and Feedback of the Event: Good event SELFIE IN A HERITAGE SITE CONTEST increased awareness of the importance of the diversity of cultural heritage and preserving it for generations in the future	
Plan of Implementing in HiCET (if any): Yes to conduct more events and Enable students to know about the the importance of world heritage	
Faculty Incharge	Principal



PRINCIPAL
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COIMBATORE - 641 032

Image of the Invitation/ Brochure

Page 2 / 2



HINDUSTHAN
COLLEGE OF ENGINEERING & TECHNOLOGY
(An Autonomous Institution)
Coimbatore-641032
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Special Talents Club, Celebration Committee, Yoga Club
in Association with
Department of Science and Humanities
organizes

**SELFIE IN A HERITAGE SITE
CONTEST 2022 IN VIEW OF
World Heritage Day**



Happy
World Heritage
Day



Upload your work at :
<https://forms.gle/wHfHpyhZHiipBz5A8>

April 18-20, 2022

Coordinators
Club Incharges

Convenor
Dr.K.P.Uma

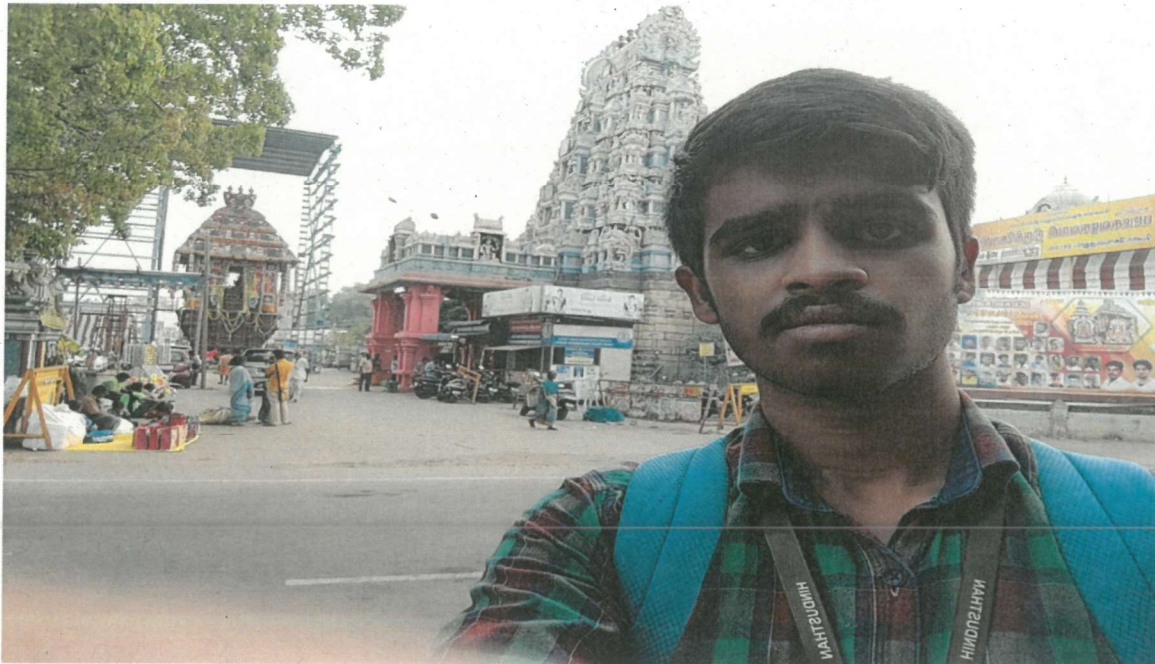


Principal
Dr.J.Jaya

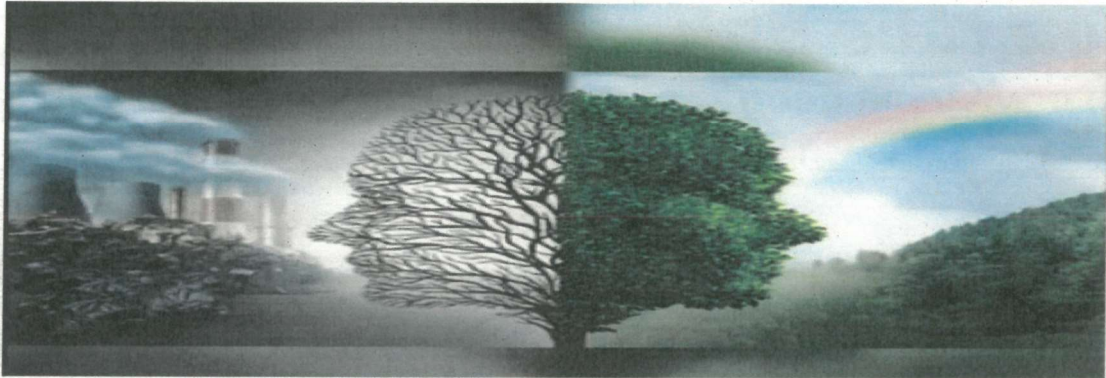
CEO
Dr.K.Karunakaran



Image of the Participation Certificate
"Life is full of beauty"



Let us nurture nature to have a nurturing future



WE, HUMANS HAVE ALREADY
DESTROYED OVER
27 MILLION METER CUBES
OF RAINFORESTS
TO SOURCE RAW MATERIALS.

11 12:27:40:31



Copy of the Participation Certificate:

You tube link:

https://drive.google.com/file/d/1uxA9vEKFcRDIvTEyrQZ1kvF-7iqwgDDl/view?usp=drive_web





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/Dr.J.PRAKASH	
Department :MATHEMATICS/CSE	Designation :ASSOCIATE PROFESSOR
Nature of the Event: YOGA TRAINING	
Category: Regional	
Title : SURYA SAKTHI PROGRAM	
Venue : HICET	
No. of Days :15	Dates : 6,7,8,9,12,18,19,20,21,22,23 APRIL-2022, 8,9,10,11 JUNE-2022. TOTAL(15 DAYS)
Fundedby :COLLEGE MANAGEMENT	
No. of Participants :300 PER DAY	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : ISHA YOGA FOUNDATION, COIMBATORE	
Outcomes of the Event : The academic activity of students are more stressful and also the social media plays a vital role in wasting the time of youth. As a result they are not concentrating on their physical and mental wellbeing. We planned and conducted 15 day YOGA TRAINING (Surya Sakthi, Surya Namaskar, Pranayama, Meditation Save Soil etc...) On behalf of 8 th International Yoga day(JUNE-21-2022) we organized the event. The outcome of the events are: • Importance of yoga in day to day life. • How to be relax our self. • Improves strength, balance and flexibility. • Deep breathing increases blood flow and warmup muscle. • Regular practice will improve the overall health of the body. • Awareness about saving the soil fertility.	
Remarks and Feedback on the Event: EXCELLENT	
Plan of Implementing in HICET (if any) : We have YOGA CLUB through the club we are regularly organizing events.	
Signature of the Faculty	Principal



Principal
PRINCIPAL
 Hindusthan College of Engineering & Technology
 COIMBATORE - 641 032

Copy of the Event Brochure / Invitation



Hindusthan Educational Institutions

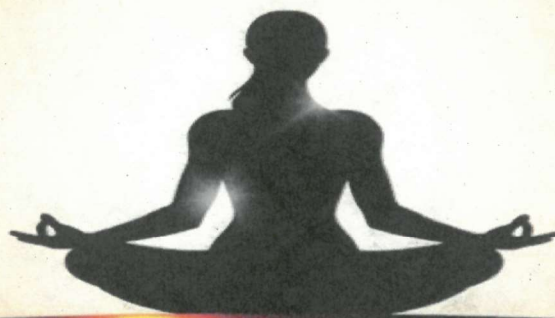
Coimbatore

75th
Anniversary of
India's
Freedom
celebration

**Yoga Club & ISHA Foundation
Jointly Organize
15 days Yoga Program**



**"Surya Shakthi "
"Surya Namaskar"
"Pranayama"
"Save Soil"**



INTERNATIONAL
Yoga Day

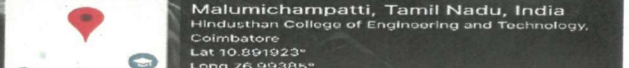
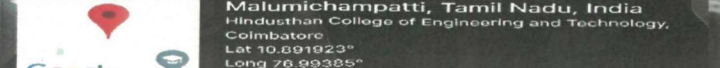
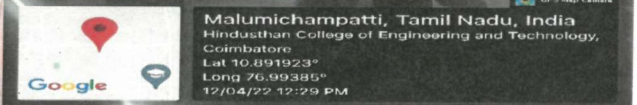
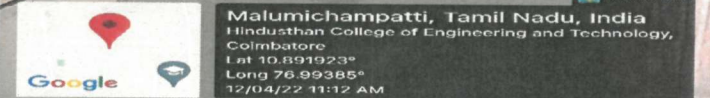
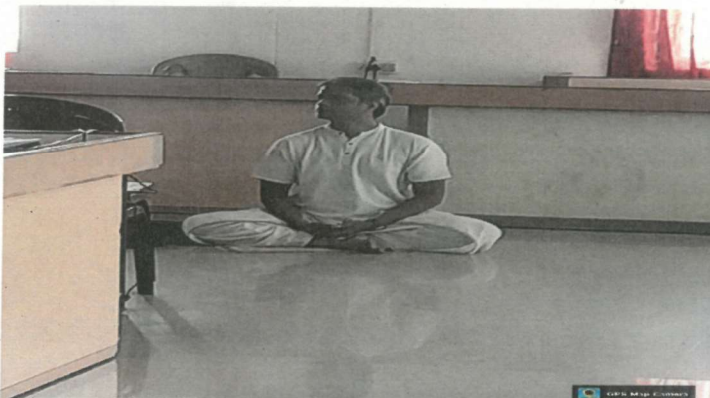
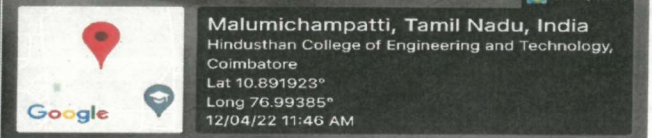
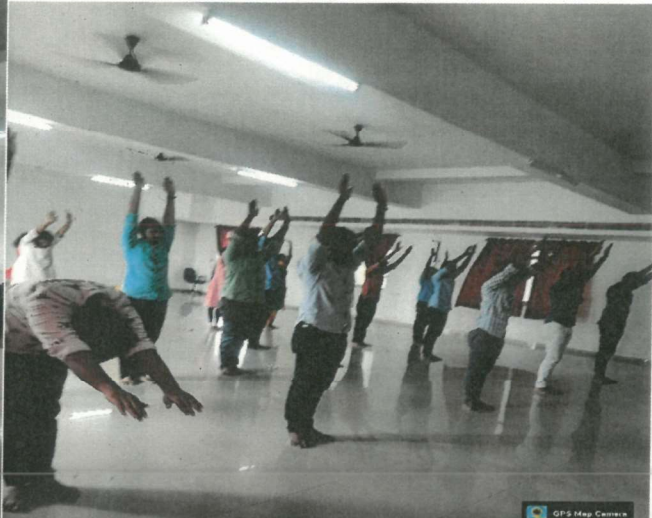
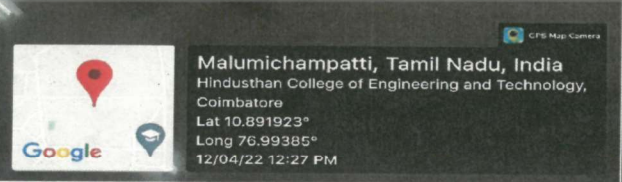
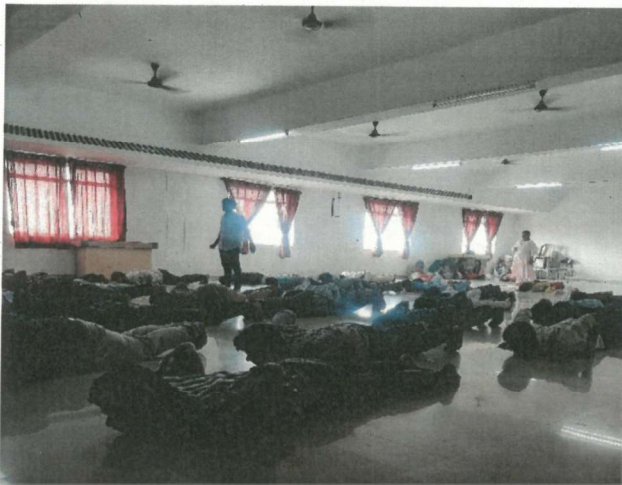
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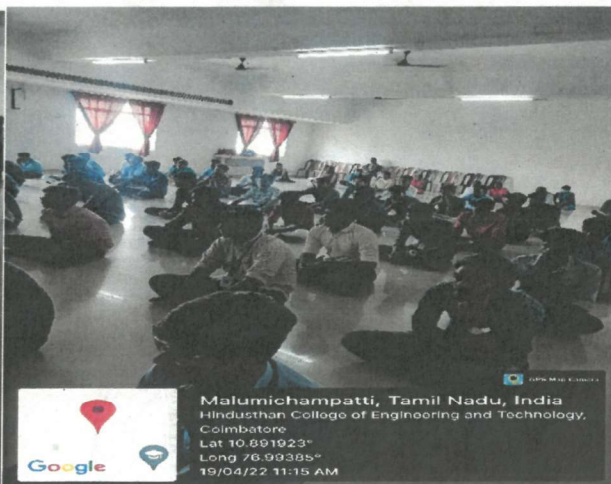
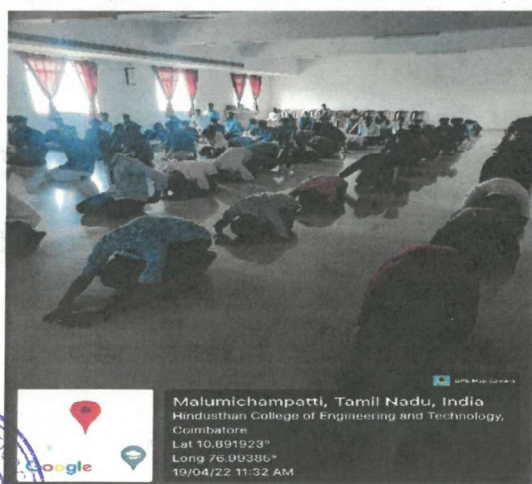
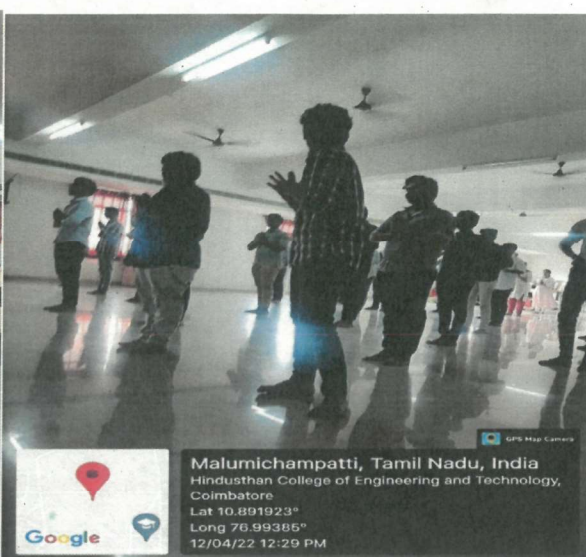
Yoga For Humanity

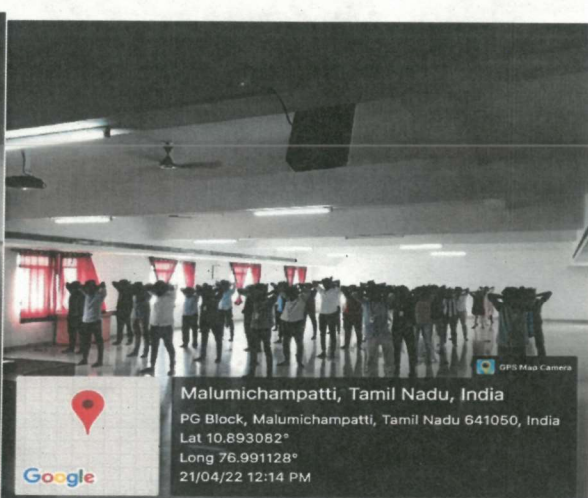
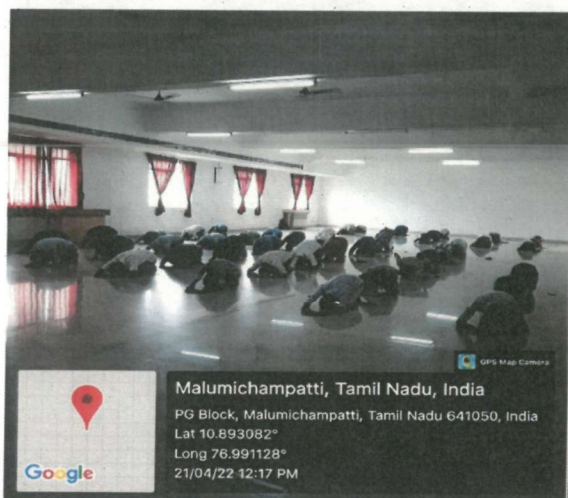
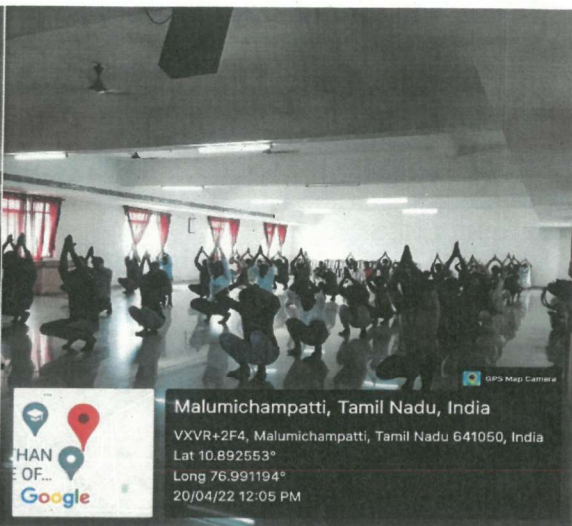
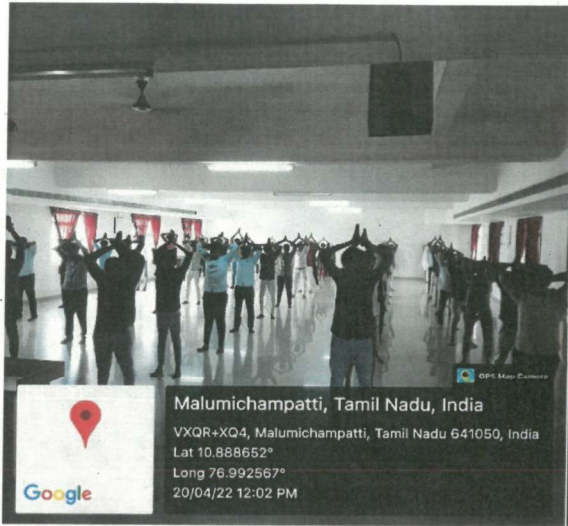


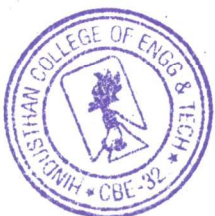
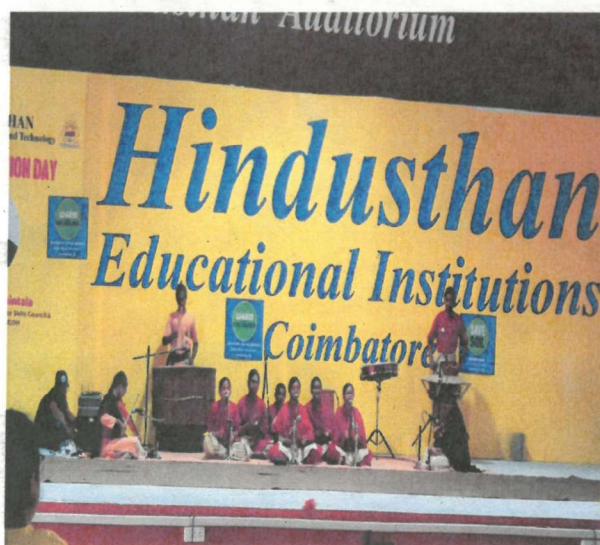
Geo-Tagged Photographs of Event

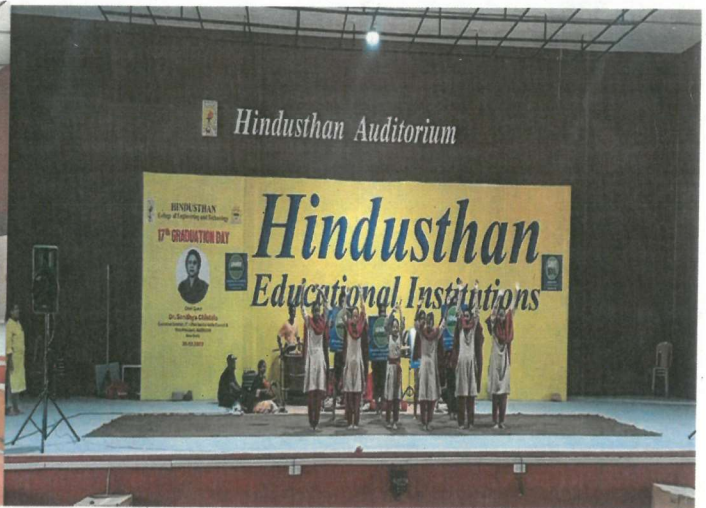
"If it doesn't challenge you, it doesn't change you."













Hindusthan

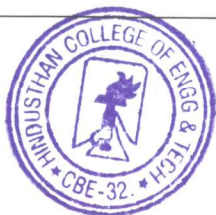
College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

www.hicet.ac.in

Report for Organized

Name of the Faculty : Dr.K.KAVITHAMANI	
Department :MATHEMATICS	Designation :ASSOCIATE PROFESSOR
Nature of the Event: SAVE SOIL	
Category: COLLEGE LEVEL	
Title : SAVE SOIL	
Venue : HICET KALAM AUDITORIUM	
No. of Days :1	Dates : 11.6.2022
Fundedby :COLLEGE MANAGEMENT	
No. of Participants :1200	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : ISHA YOGA FOUNDATION, COIMBATORE	
Outcomes of the Event : • Soil is vital part of our eco system and is the foundation of plant, animal and human life. It takes millions of years for the formation. Thus, it needs to be conserved.. • Awareness about saving the soil fertility.	
Remarks and Feedback on the Event: EXCELLENT	
Plan of Implementing in HICET (if any) : We have YOGA CLUB through the club we are regularly organizing awareness events among our students.	
Signature of the Faculty	HoD/S&H Principal



PRINCIPAL
Hindusthan College of Engineering & Technology
COIMBATORE - 641 032

Copy of the Event Brochure / Invitation

Hindusthan Educational Institutions
Coimbatore

Yoga Club & ISHA Foundation
Science and Humanities
Jointly Organize
"Save Soil"

75th Anniversary of India's Freedom celebration

75 Azadi Ka Amrit Mahotsav

SAVE SOIL

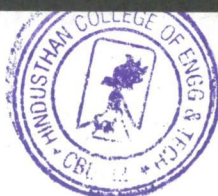
Date : 11.06.2022

Principal
Dr.Jaya

CEO
Dr.K.Karunakaran

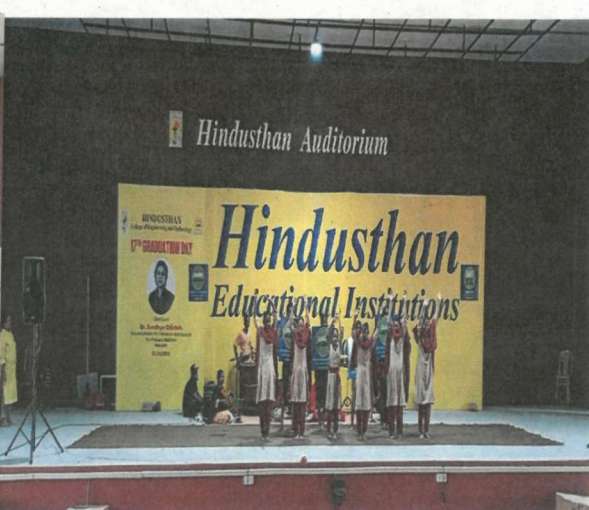
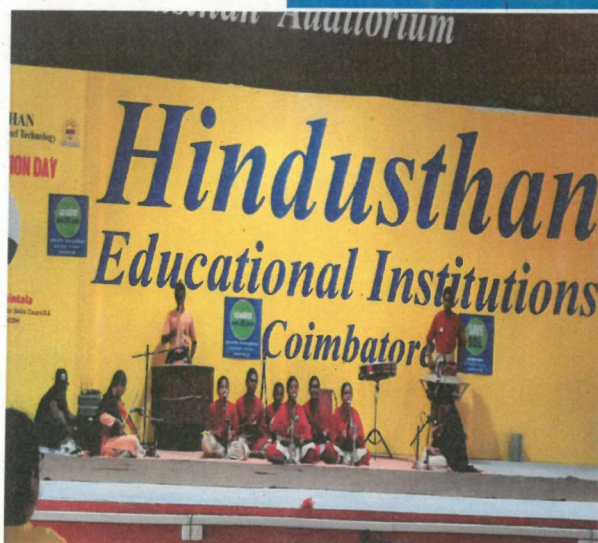
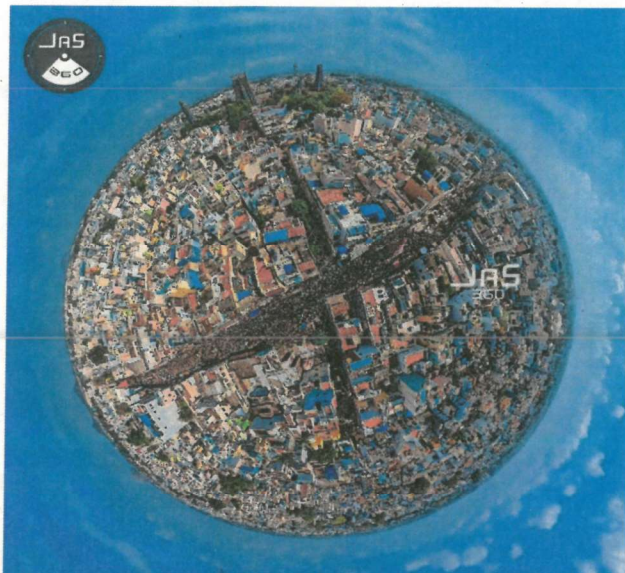
Convenor
Dr.K.P.Uma
HoD/S&H

Event Coordinator
Dr.K.Kavithamani
ASP/S&H



Geo-Tagged Photographs of Event

“ To forget how to dig the earth and to tend the soil is to forget ourselves.”

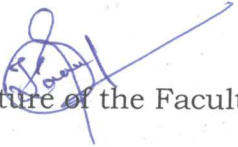




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College of Engineering and Technology,
Valley Campus, Pollachi Highway, Coimbatore 641 032.
www.hicet.ac.in

Report for Organized

Name of the Faculty : Dr.K.KAVITHAMANI	
Department :MATHEMATICS	Designation :ASSOCIATE PROFESSOR
Nature of the Event: MEDITATION & YOGA PROGRAM	
Category: SCHOOL STUDENTS	
Title : YOGA FOR KIDS	
Venue : ARISIPALAYAM GOVT.SCHOOL	
No. of Days :1	Dates : 21.6.2022
Funded by :COLLEGE MANAGEMENT	
No. of Participants :350	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : DR.K.S.RADHAKRISHNAN, JOTHI FOUNDATION	
Outcomes of the Event : • Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. • Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; canters attention; and sharpens concentration.	
Remarks and Feedback on the Event: EXCELLENT	
Plan of Implementing in HICET (if any) : We have YOGA CLUB through the club we are regularly organizing awareness events to all.	
Signature of the Faculty  	Principal  PRINCIPAL Hindusthan College of Engineering & Technology COIMBATORE - 641 032

Copy of the Event Brochure / Invitation



Hindusthan Educational Institutions
Colombatore

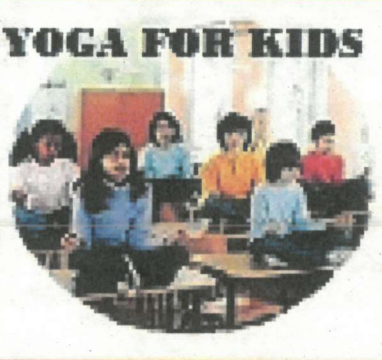
75th Anniversary of India's Freedom celebration

Yoga Club & ISHA Foundation
Science and Humanities
Jointly Organize



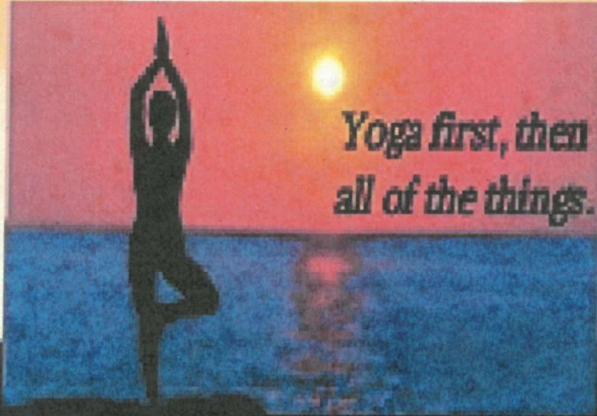
Atithi Wa
Devta Mahatma

YOGA FOR KIDS



DATE: 21.06.2022

VENUE:
ARISIPALAYAM
GOVERNMENT
SCHOOL



*Yoga first, then
all of the things.*

YOGA TRAINER
Dr.K.S.RADHAKRISHNAN
JOTHI FOUNDATION

Principal
Dr.Jaya

CEO
Dr.K.Karunakaran

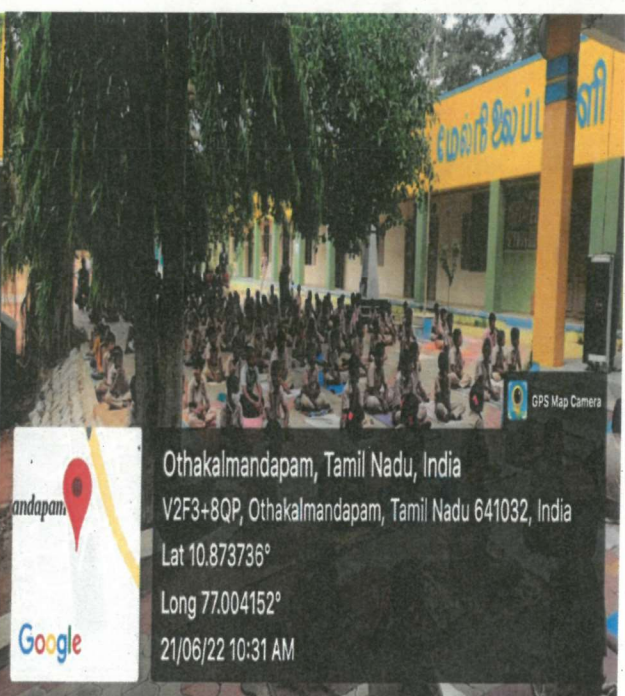
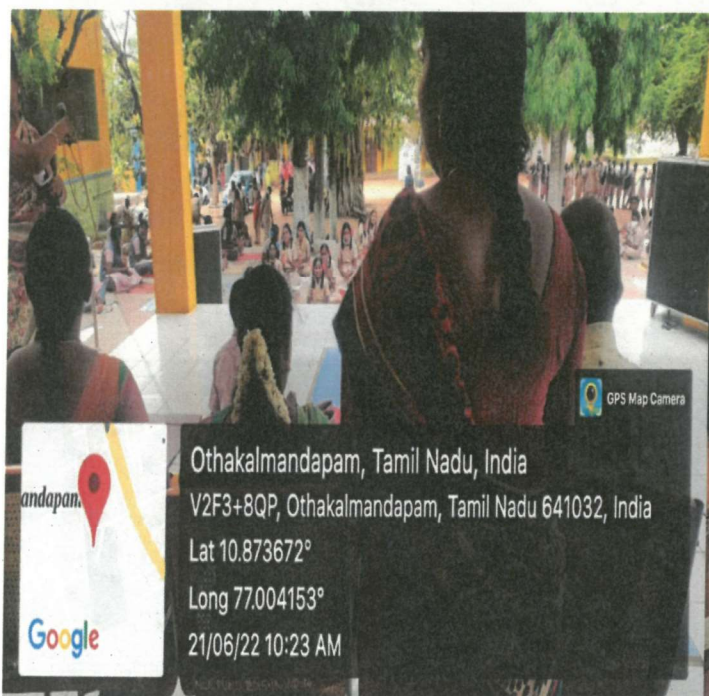
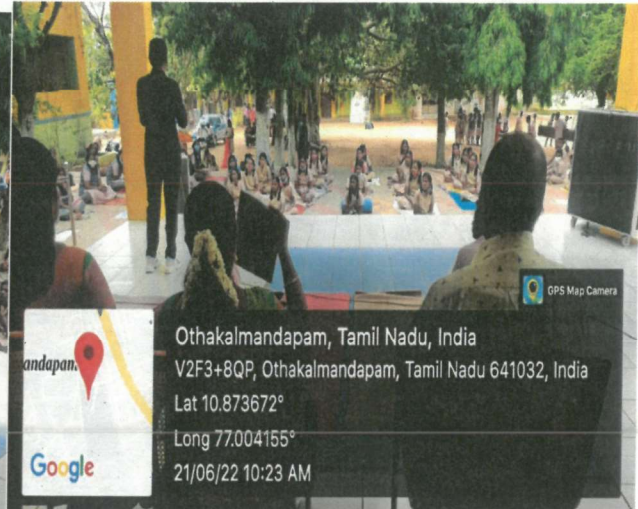
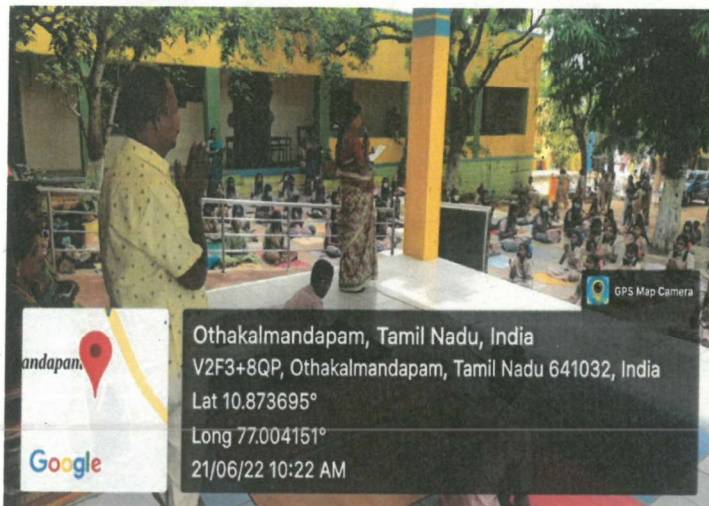
Convenor
Dr.K.P.Uma
HoD/S&H

Event Coordinator
Dr.K.Kavithamani
ASP/S&H

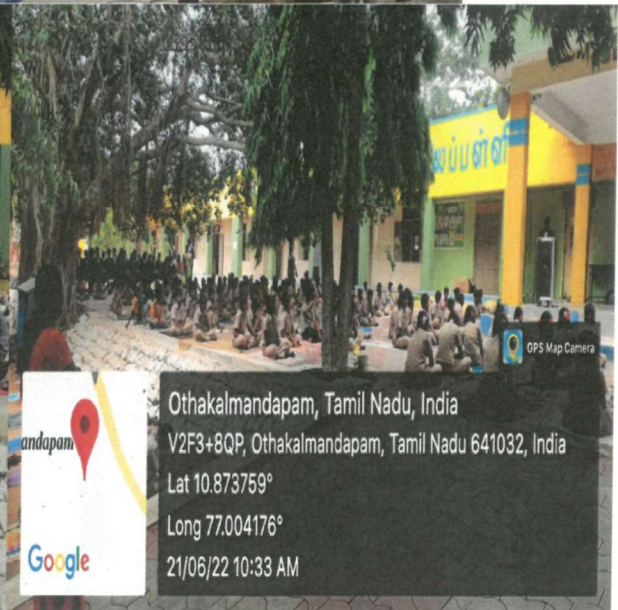
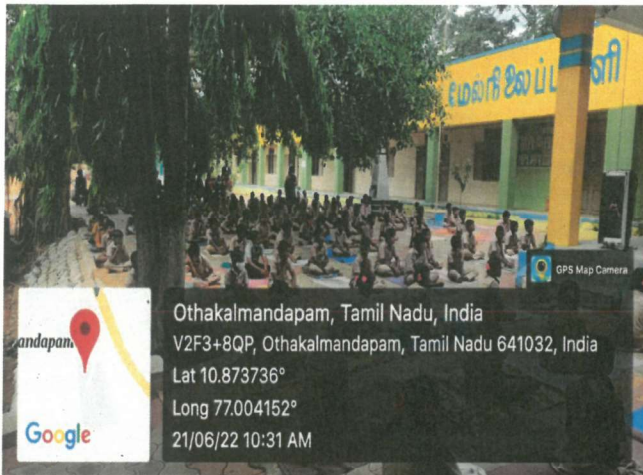


Geo-Tagged Photographs of Event

"True yoga is not about the shape of your body, but the shape of your life. ...

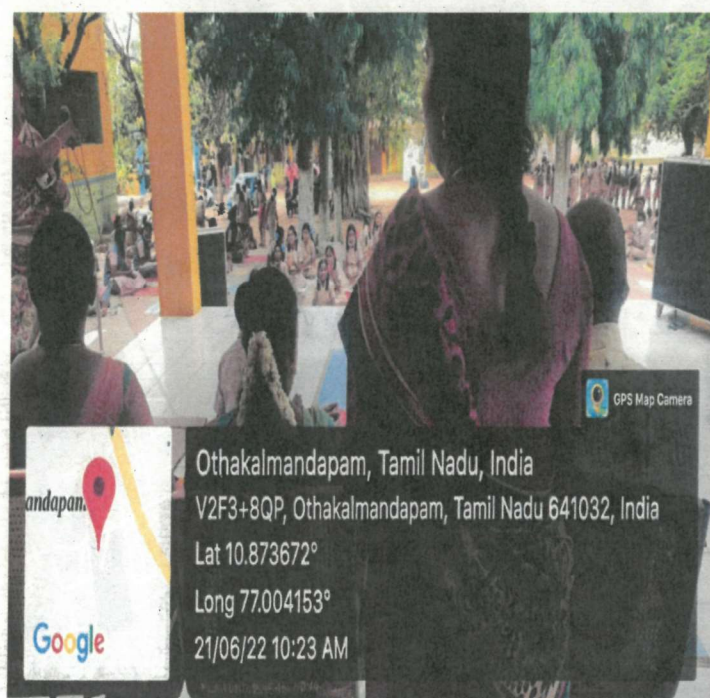


"All that we are, is the result of what we have thought"

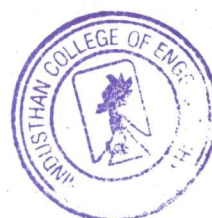
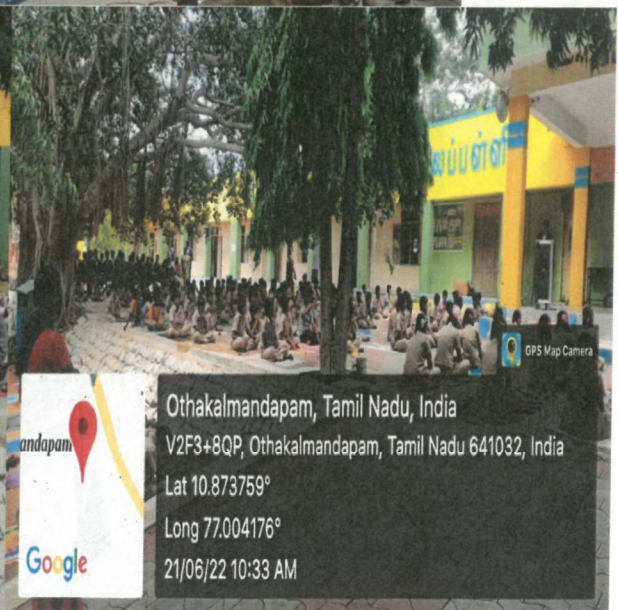


Geo-Tagged Photographs of Event

"True yoga is not about the shape of your body, but the shape of your life. ...



"All that we are, is the result of what we have thought"





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Report for Organized

Name of the Faculty : Dr.K.Kavithamani, Dr.R.Poornima, Dr.E.Sumathi,Mrs.M.Sumithasree,Mrs.S.Sangeetha	
Department :S&H	Designation :ASP
Nature of the Event: MEDITATION MYTH AND FACTS	
Category: Non-teaching faculty members	
Title : Meditation Myth and Facts	
Venue : CSE Seminar Hall	
No. of Days :1	Dates : 24.8.2022
Funded by :COLLEGE MANAGEMENT	
No. of Participants :35	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Mr.Amalraju,HICET	
Outcomes of the Event : • Meditation can give a sense of calm, peace and balance that can benefit both our emotional well-being and our overall health. • Also we can use it to relax and cope with stress by refocusing our attention on something calming. • Meditation can help us learn to stay centered and keep inner peace.	
Remarks and Feedback on the Event: EXCELLENT	
Plan of Implementing in HICET (if any) : We are planning to conduct similar programs in future.	
 Faculty in charge Dr. Kavithamani  Principal PRINCIPAL Hindusthan College of Engineering & Technology COIMBATORE - 641 032 	

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HINDUSTHAN

College of Engineering & Technology

(An Autonomous Institution)

Valley campus, Pollachi highway,
Coimbatore. 641032

**DEPARTMENT OF SCIENCE AND HUMANITIES
AND
YOGA CLUB**

Jointly organises

SEMINAR ON

MEDITATION MYTH AND FACTS

DATE: 24.08.2022

TIME: 10.00 AM

Venue: CSE Seminar Hall

*Guest: Mr. Amalraju
Assistant professor*

COORDINATORS

**DR.K.KAVITHAMANI
DR.R POORNIMA
DR.E.SUMATHI
MRS.M.SUMITHASREE
MRS.S.SANGEETHA**

CONVENER

**DR.K.P.UMA
PROF & HEAD**

PRINCIPAL

DR.J.JAYA

C.E.O

DR.K.KARUNAKARAN

Geo-Tagged Photographs of Event





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Report for Organized

Name of the Faculty : Dr.K.Kavithamani,	
Department :S&H	Designation :ASP
Nature of the Event: Seminar	
Category: CSE Students	
Title : Mindfulness in Education Begins to Thrive	
Venue : CSE Seminar Hall	
No. of Days :1	Dates : 26.8.2022
Funded by :COLLEGE MANAGEMENT	
No. of Participants :123	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Mr.Baskar , Yoga Teacher	
Outcomes of the Event : • Meditation is a proven way to tame the pubertal hormones. • It creates more self-acceptance in adolescents who fight with body image. • It reduces the vulnerability of growing eating disorders like anorexia and bulimia, which is a concerning health hazard for teenagers today. • It helps in building strong emotional bonds with family, friends, and siblings.	
Remarks and Feedback on the Event: EXCELLENT	
Plan of Implementing in HICET (if any) : We are planning to conduct similar programs in future for our students.	
Faculty in charge  (Dr.K.Kavithamani) <i>Dr. K. Kavithamani</i>  Principal PRINCIPAL Hindusthan College of Engineering & Technology COIMBATORE - 641 032 (Dr.J.Jaya) 	

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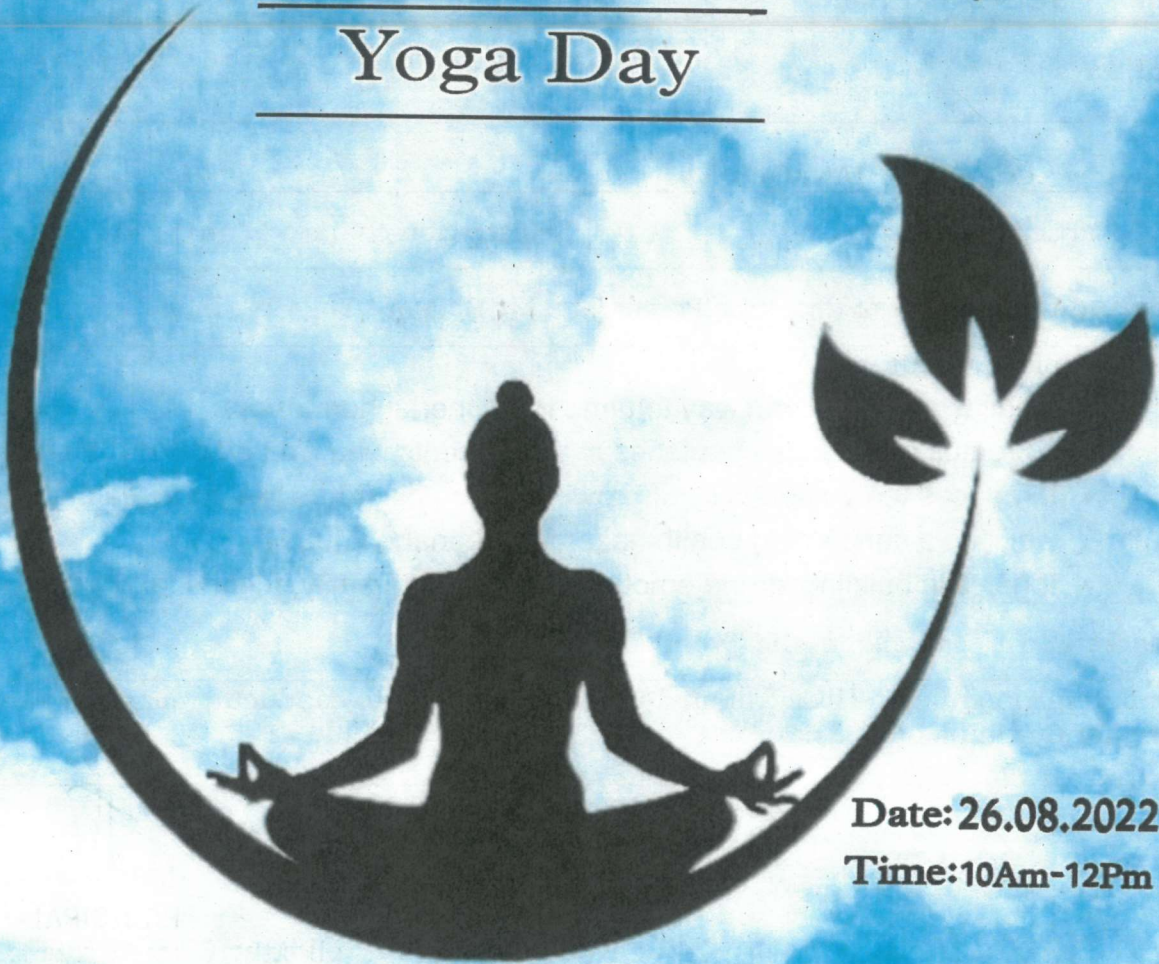
Hindusthan

College Of Engineering And Technology

(Valley Campus), Pollachi Highway ,Coimbatore...

Mindfulness in Education Begins to Thrive

Yoga Day



Date: 26.08.2022

Time: 10Am-12Pm

Principal

Dr.J.Jaya

CEO

Dr.K.Karunakaran

Chief Guest

Mr.Baskar

Yoga Teacher

Event
Coordinator

Dr.k.Kavithamani

ASP/S&H



Geo-Tagged Photographs of Event

