

# Hindusthan

## College of Engineering and Technology

August 2023-2024

### Re Constitution of **YOGA& MEDITATIONCLUB:-**

**Year of establishment 2020-2021**

#### **Objectives**

- 1) To enable the students to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

#### **Activities: Yoga & Meditation classes schedule**

1. Twice in a Semester for students
2. Once in a Semester for Faculty

**Meeting:** Once in a Semester

**Chairman :** Principal

**Coordinator:** Dr.K.Kavithamani-Asso.Prof.-Maths-9047054447

#### **Members (Teachers)**

1. Mr.S.Vivek-AP -Civil-9566951005
2. S.J.Pradeeba-AP-Chemistry
3. Dr.R.Poornima-AP-Maths
4. M.Sumithasree-AP -English
5. Dr.V.Nirmaladevi-AP -Chemistry
6. N.Nithya-AP -Physics
7. B.Mahalakshmi-AP -Physics
8. R.Parthasarathy-AP-Civil

#### **Members (Students)**

- 1.K.S.Logeswaran
- 2.Jayaprasanth
- 3.Sudharsan
4. Kalaiselvan B

**Coordinator**



**Dr.K.Kavithamani**

**PRINCIPAL**



**PRINCIPAL**

Hindusthan College Of Engineering & Technology  
COIMBATORE - 641 032



**Dr.J.Jaya**