

**July 2024-2025**

**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.Vigneswaran
- 2.K.Yogavigneshkumar
- 3.Balasudharshan
- 4.k.Karunakaran

  
Coordinator

  
HoD

  
Principal

