



**Hindusthan**

**College of Engineering and Technology,  
Coimbatore 641 032.**

**www.hicet.ac.in**

**Club : YOGA CLUB**

**Academic Year :2023-2024**

**INDEX OF EVENTS**

| Activity | Date                   | Name of the Event                              | Number of Participants |
|----------|------------------------|--|------------------------|
| 1        | 1.6.2023-<br>21.6.2023 | Yoga –Physical Activities                      | 2100                   |
| 2        | 14.9.2023              | Yoga for Human Excellence                      | 505                    |
| 3        | 14.9.2023              | Yoga Program on Meditation                     | 123                    |
| 4        | 22.9.2023              | Yoga Program on Surya Namaskar                 | 127                    |
| 5        | 22.9.2023              | Yoga Program on Surya Shakthi                  | 119                    |
| 6        | 15.12.2023             | Yoga program for stress Management             | 63                     |
| 7        | 29.2.2024              | Mahasivarathiri Token Mela                     | 312                    |
| 8        | 12.03.2024             | Competition on Roles of Yoga in day today life | 13                     |
| 9        | 13.03.2024             | Work Shop on Silambam and Sidha Medicines      | 47                     |

  
 COORDINATOR  
 Dr.K.KAVITHAMANI  
 ASP,DEPARTMANT OF S&H






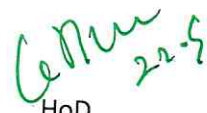

# Hindusthan

## 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 :S&H   | Designation :ASP                    |
| Nature of the Event:Yoga on Surya Sakthi  |                                     |
| Category: Students& Faculty   |                                     |
| Title :Surya Shakthi  |                                     |
| Venue : Mullai Hall   |                                     |
| No. of Days :1  | Dates : 22.9.2023                   |
| Fundedby :COLLEGE MANAGEMENT  |                                     |
| No. of Participants :119  | Registration charges (if any) : NIL |
| Name and Designation of Resource Person(s) :Prof.Selvi<br>Yoga Trainer<br>Isha Foundation, Coimbatore   |                                     |
| <b>Outcomes of the Event :</b> <ul style="list-style-type: none"> <li>• Makes the sinews and ligaments of the body strong.</li> <li>• Keeps mind and body in absolute stillness.</li> <li>• Helps to be in higher states of energy.</li> <li>• Increases mental alertness and focus.</li> </ul>   |                                     |
| Remarks and Feedback on the Event: <b>Good Response from our student and faculty members.</b>   |                                     |
| Plan of Implementing in HiCET (if any): Yes   |                                     |
| <div style="display: flex; justify-content: space-between; align-items: flex-end;"> <div style="text-align: center;"> <br/>             Signature of the Faculty         </div> <div style="text-align: center;"> <br/>             HoD         </div> <div style="text-align: center;"> <br/>             Principal         </div> </div> |                                     |



Copy of the Event Brochure / Invitation



# HINDUSTHAN

**College Of Engineering & Technology**

(An Autonomous Institution)

Valley Campus, Pollachi Highway, Coimbatore...

**Department Of Science & Humanities And  
Yoga Club Jointly Organizes**

## 'YOGA PROGRAM ON SURYANAMASKAR'



**Chief Guest:**

**Trainer Selvi / Isha Foundation**

**Date: 22.09.2023**

**Time: 2.30PM ~ 4.00PM**

**Venue: Mullai Hall / Yoga Center**

**co-ordinator**  
**Dr.K.KavithaMani**  
**Asp/Maths**

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

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





Geo-Tagged Photographs of Event

*"Meditation is a way for nourishing and blossoming the divinity within you."*



Shortcut Way, Malumichampatti, Tamil Nadu 641050, India



Shortcut Way, Malumichampatti, Tamil Nadu 641050, India





Yoga means addition – addition of energy, strength and beauty to body, mind and soul.








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### Report for Organized

|  |                                     |
|--|-------------------------------------|
| Name of the Faculty :Dr.K.Kavithamani  |                                     |
| Department :S&H  | Designation :ASP                    |
| Nature of the Event: Yoga Program  |                                     |
| Category: Students & Faculty   |                                     |
| Title : Yoga Program for Stress Management   |                                     |
| Venue : Kauvery Hall   |                                     |
| No. of Days :1   | Dates : 15.12.2023                  |
| Fundedby :COLLEGE MANAGEMENT   |                                     |
| No. of Participants :63  | Registration charges (if any) : NIL |
| Name and Designation of Resource Person(s) :Mr.Naveen,<br>Yoga Trainer<br>Isha Foundation, Coimbatore  |                                     |
| <b>Outcomes of the Event :</b><br>The participants are very happy with the fun activity.   |                                     |
| Remarks and Feedback on the Event:<br>Good Response from our student and faculty members.  |                                     |
| Plan of Implementing in HICET (if any): Yes  |                                     |
| <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> <br/>           Signature of the Faculty         </div> <div style="text-align: center;"> <br/>           HoD         </div> <div style="text-align: center;"> <br/>           Principal         </div> </div> |                                     |





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**HINDUSTHAN**  
**COLLEGE OF ENGINEERING AND TECHNOLOGY**  
(An Autonomous Institution)  
Valley Campus, Pollachi Highway, Coimbatore -32


**Yoga Club & Isha Foundation**  
*Jointly Organised*

**Mahashivaratri Band Issue Mela**

**Chief Guest: Isha Volunteers**



**Date: 29.2.2024**  
**Time: 9am -5pm**  
**Venue: Near Foody Canteen**




**Yoga Club Coordinator:**  
Dr. k.Kavithamani/Asp  
S&H

**convenor:**  
Dr.K.P.Uma/HOD  
S&H

**patrons:**  
Dr.J.Jaya/principal  
HICET

**Dr.K.Karunakaran**  
CEO





## Geo-Tagged Photographs of Event

**"MAY LORD SHIVA GIVE POWER & STRENGTH TO EVERYONE FACING DIFFICULTIES"**










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 Valley Campus, Pollachi Highway, Coimbatore 641 032.  
[www.hicet.ac.in](http://www.hicet.ac.in)

## Report for Organized

|  |                                     |
|--|-------------------------------------|
| Name of the Faculty :Dr.K.Kavithamani  |                                     |
| Department :S&H  | Designation :ASP                    |
| Nature of the Event: Yoga Speech Competition   |                                     |
| Category: Students   |                                     |
| Title : Roles of Yoga in day today life  |                                     |
| Venue : S&H Library.   |                                     |
| No. of Days :1   | Dates : 12.3.2024                   |
| Funded by: College Management.   |                                     |
| No. of Participants :13  | Registration charges (if any) : NIL |
| Name and Designation of Resource Person(s) : Dr.K.Kavithamani, & Ms.S.N.Ramya  |                                     |
| <b>Outcomes of the Event :</b><br>Students were actively participated in the speech competition.   |                                     |
| Remarks and Feedback on the Event:<br>Good Response from our student and conveyed many useful thoughts to audience.  |                                     |
| Plan of Implementing in HICET (if any): Yes  |                                     |
| <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> <br/>       Signature of the Faculty     </div> <div style="text-align: center;"> <br/>       HoD     </div> <div style="text-align: center;"> <br/>       Principal     </div> </div> |                                     |



Copy of the Event Brochure / Invitation



**Hindusthan**  
College of Engineering and Technology  
(An Autonomous Institution)  
Pollachi Highway, Valley Campus, Coimbatore .



# Competition On ROLES OF YOGA IN DAY TO DAY LIFE

Venue: S&H Department Library

Date: 12.03.2024

Time: 3Pm-4.30Pm

Yoga Club Coordinator:  
Dr. k.Kavithamani/Asp  
S&H

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

patrons:  
Dr.J.Jaya/principal  
HICET

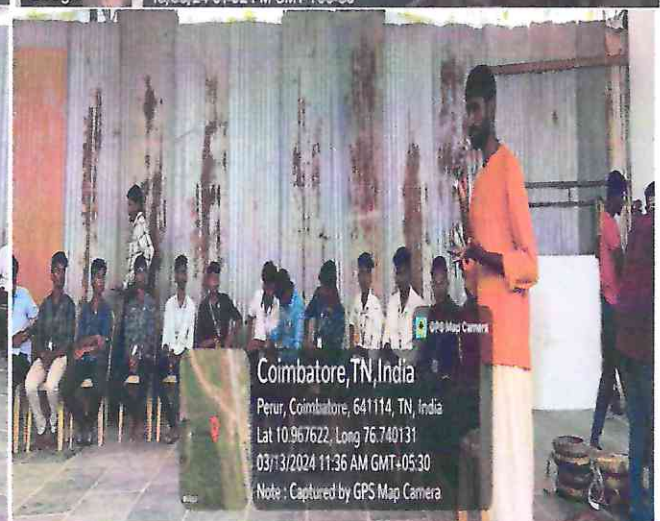
Dr.K.Karunakaranan  
CEO





## Geo-Tagged Photographs of Event

**"KEEP YOUR FACE ALWAYS TOWARD THE SUNSHINE, AND SHADOWS WILL FALL BEHIND YOU."**





**"Attitude is a little thing that makes a big difference."**






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**Report for Organized**

|   |  |
|---|--|
| Name of the Faculty :Dr.K.Kavithamani   |  |
| Department :S&H   | Designation :ASP   |
| Nature of the Event:Yoga on Surya Namaskar  |  |
| Category: Students& Faculty   |  |
| Title :Surya Namaskar   |  |
| Venue : Kalam Auditorium/ Yoga Centre   |  |
| No. of Days :1  | Dates : 22.9.2023  |
| Fundedby :COLLEGE MANAGEMENT  |  |
| No. of Participants :127  | Registration charges (if any) : NIL  |
| Name and Designation of Resource Person(s) : Prf.Naveen<br>Yoga Trainer<br>Isha Foundation, Coimbatore  |  |
| <b>Outcomes of the Event :</b> <ul style="list-style-type: none"> <li>• Flexibility and balance get a boost. ...</li> <li>• You gain muscle strength and tone. ...</li> <li>• It can melt away tension. ...</li> <li>• It helps relieve different types of pain. ...</li> </ul> |  |
| Remarks and Feedback on the Event: <b>Good Response from our student and faculty members.</b>   |  |
| Plan of Implementing in HICET (if any): Yes   |  |
| Signature of the Faculty  | <br>HoD         |
|   | <br>Principal |





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# HINDUSTHAN

**College Of Engineering & Technology**

(An Autonomous Institution)

Valley Campus, Pollachi Highway, Coimbatore...

**Department Of Science & Humanities And  
Yoga Club Jointly Organizes**

## 'YOGA PROGRAM ON SURYA SAKTHI'



**Chief Guest:**

**Trainer Naveen /Isha Foundation**

**Date:22.09.2023**

**Time:10 Am ~12 Noon**

**Venue:Mullai Hall/Yoga Center**

co-ordinator  
**Dr.K.KavithaMani**  
Asp/Maths

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

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





## Geo-Tagged Photographs of Event

"Yoga is the journey of the self, through the self, to the self."



GPS Map  
Camera Lite

Shortcut Way, Malumichampatti, Tamil Nadu 641050, India

Latitude  
10.89283896°

Longitude  
76.99110188°

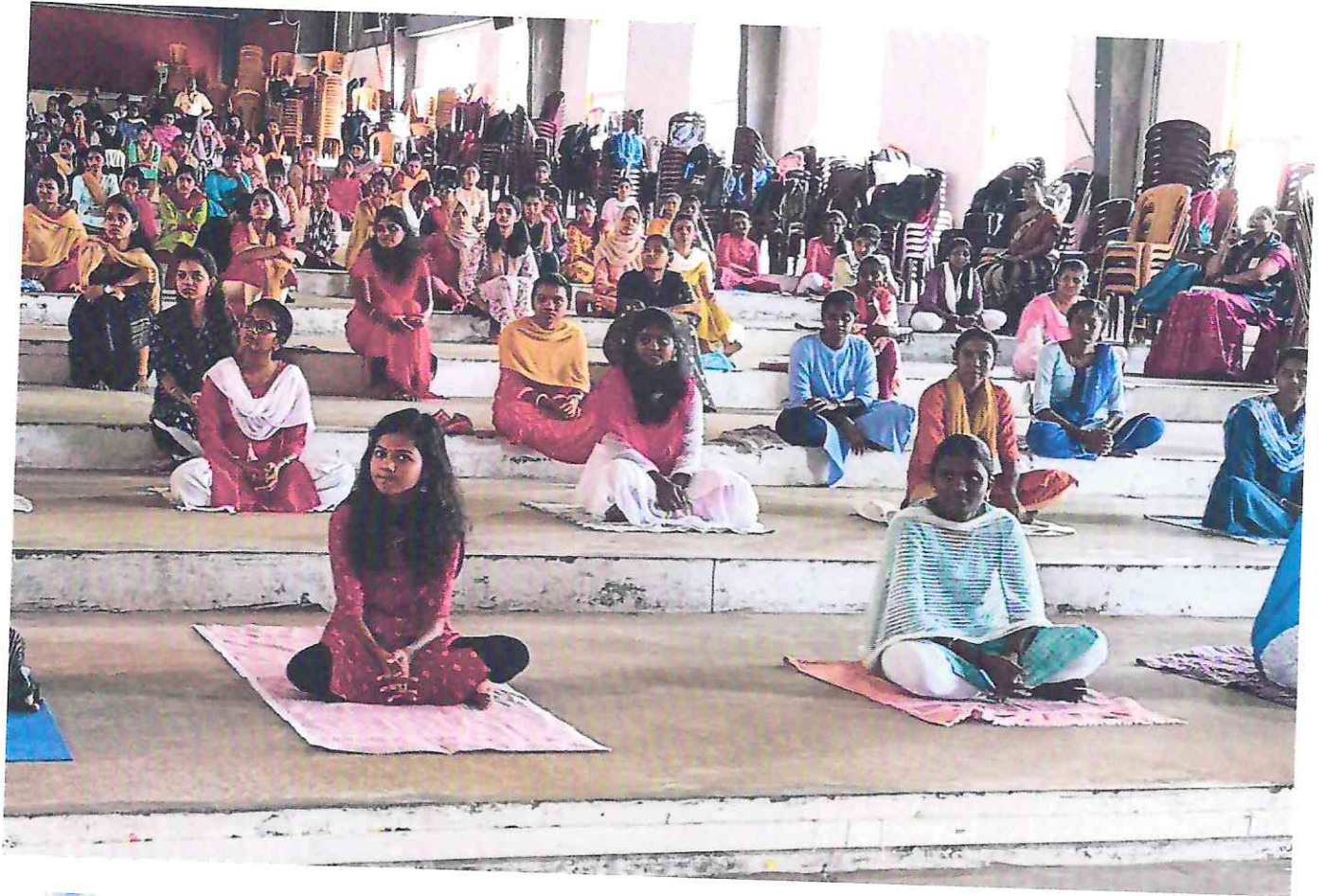
Local 12:00:08 PM

Altitude 370 meters





When you listen to yourself, everything comes naturally.



 GPS Map Camera



Coimbatore, Tamil Nadu, India  
Hindusthan college of Engineering and Technology,  
Coimbatore, Tamil Nadu 641021, India  
Lat 10.930591°







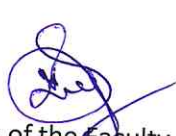
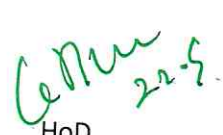

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|   |                                     |
|---|-------------------------------------|
| Name of the Faculty :Dr.K.Kavithamani   |                                     |
| Department :S&H   | Designation :ASP                    |
| Nature of the Event:Yoga on Surya Sakthi  |                                     |
| Category: Students& Faculty   |                                     |
| Title :Surya Shakthi  |                                     |
| Venue : Mullai Hall   |                                     |
| No. of Days :1  | Dates : 22.9.2023                   |
| Fundedby :COLLEGE MANAGEMENT  |                                     |
| No. of Participants :119  | Registration charges (if any) : NIL |
| Name and Designation of Resource Person(s) :Prof.Selvi<br>Yoga Trainer<br>Isha Foundation, Coimbatore   |                                     |
| <b>Outcomes of the Event :</b> <ul style="list-style-type: none"> <li>• Makes the sinews and ligaments of the body strong.</li> <li>• Keeps mind and body in absolute stillness.</li> <li>• Helps to be in higher states of energy.</li> <li>• Increases mental alertness and focus.</li> </ul>   |                                     |
| Remarks and Feedback on the Event: <b>Good Response from our student and faculty members.</b>   |                                     |
| Plan of Implementing in HiCET (if any): Yes   |                                     |
| <div style="display: flex; justify-content: space-between; align-items: flex-end;"> <div style="text-align: center;"> <br/>             Signature of the Faculty         </div> <div style="text-align: center;"> <br/>             HoD         </div> <div style="text-align: center;"> <br/>             Principal         </div> </div> |                                     |





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**Department Of Science & Humanities And  
Yoga Club Jointly Organizes**

## 'YOGA PROGRAM ON SURYANAMASKAR'



**Chief Guest:**

**Trainer Selvi / Isha Foundation**

**Date: 22.09.2023**

**Time: 2.30PM ~ 4.00PM**

**Venue: Mullai Hall / Yoga Center**

**co-ordinator**  
**Dr.K.KavithaMani**  
**Asp/Maths**

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

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



Geo-Tagged Photographs of Event

*"Meditation is a way for nourishing and blossoming the divinity within you."*



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Shortcut Way, Malumichampatti, Tamil Nadu 641050, India





Yoga means addition – addition of energy, strength and beauty to body, mind and soul.








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### Report for Organized

|  |                                     |
|--|-------------------------------------|
| Name of the Faculty :Dr.K.Kavithamani  |                                     |
| Department :S&H  | Designation :ASP                    |
| Nature of the Event: Yoga Program  |                                     |
| Category: Students & Faculty   |                                     |
| Title : Yoga Program for Stress Management   |                                     |
| Venue : Kauvery Hall   |                                     |
| No. of Days :1   | Dates : 15.12.2023                  |
| Fundedby :COLLEGE MANAGEMENT   |                                     |
| No. of Participants :63  | Registration charges (if any) : NIL |
| Name and Designation of Resource Person(s) :Mr.Naveen,<br>Yoga Trainer<br>Isha Foundation, Coimbatore  |                                     |
| <b>Outcomes of the Event :</b><br>The participants are very happy with the fun activity.   |                                     |
| Remarks and Feedback on the Event:<br>Good Response from our student and faculty members.  |                                     |
| Plan of Implementing in HICET (if any): Yes  |                                     |
| <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> <br/>           Signature of the Faculty         </div> <div style="text-align: center;"> <br/>           HoD         </div> <div style="text-align: center;"> <br/>           Principal         </div> </div> |                                     |





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# Hindusthan College of Engineering and Technology

(An Autonomous Institution, Affiliated To Anna University, Chennai Approved by AICTE, New Delhi & Accredited by NAAC with 'A++' Grade An ISO certified Institution & Accredited by NBA (AERO, AUTO, CIVIL, CSE, ECE, EEE, IT, MECH, MECHATRONICS) Valley Campus, Pollachi Highways, Coimbatore, Tamilnadu.



*Yoga Club  
& Biomedical Engineering Department  
jointly Organize*

*Yoga Program for Stress  
Management  
(AICTE sponsored Program)*

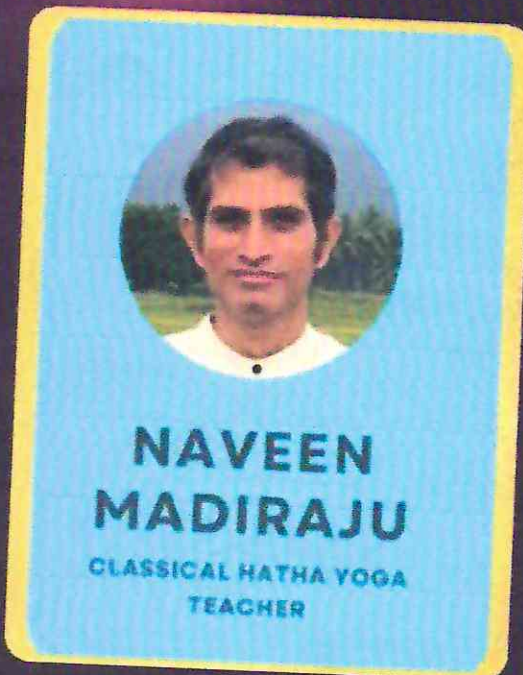


**15.12.2023  
2.30-4.30pm**



**Venue-Kavery Hall**

*Chief guest:  
Mr Naveen  
Isha Foundation  
Coimbatore*



*Yoga club coordinator  
Dr. K. Karthikeyan  
S&H*

*Dr. K. P. UMA  
HOD S&H*

*Dr. S. Saravanan Sundharan  
HOD/DRE*

*Patron:  
Dr. K. KARUNAKARAN  
CEO*

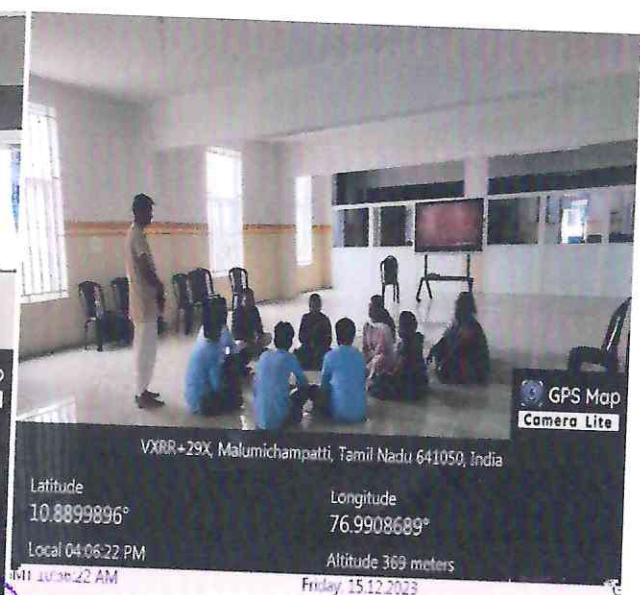
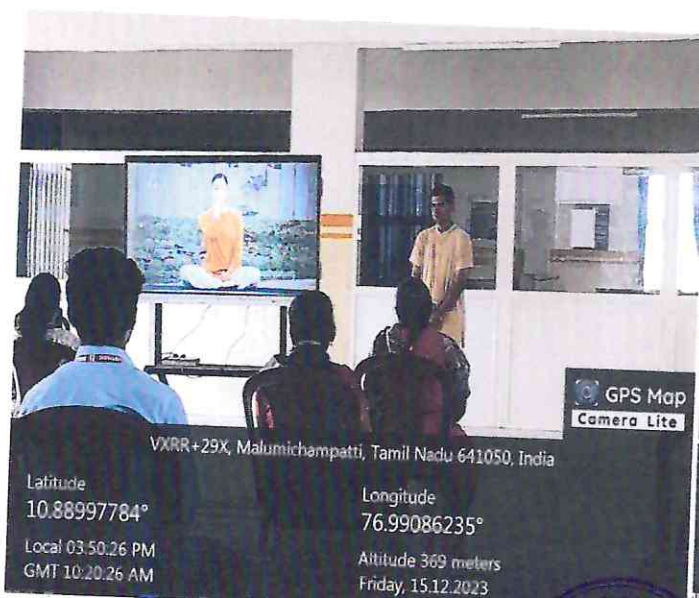
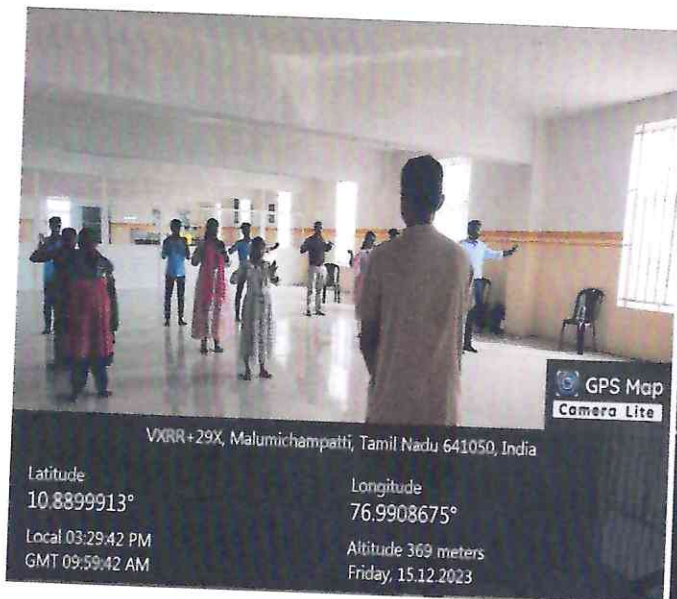
*Dr. J. J. J. J.  
Principal/HiCET*







## Geo-Tagged Photographs of Event

**"The greatest weapon against stress is our ability to choose one thought over another." ~ William James**





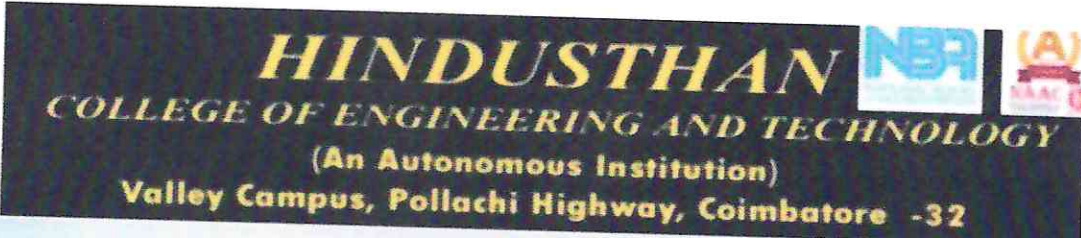




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**Report for Organized**

|  |                                     |
|--|-------------------------------------|
| Name of the Faculty :Dr.K.Kavithamani  |                                     |
| Department :S&H  | Designation :ASP                    |
| Nature of the Event: Yoga Program  |                                     |
| Category: Students & Faculty   |                                     |
| Title : Mahashivaratri Band issue Mela   |                                     |
| Venue : Open Auditorium  |                                     |
| No. of Days :1   | Dates : 29.2.2024                   |
| Fundedby :COLLEGE MANAGEMENT   |                                     |
| No. of Participants :312   | Registration charges (if any) : NIL |
| Name and Designation of Resource Person(s) :Mr.Aravind,<br>Yoga Trainer<br>Isha Foundation, Coimbatore   |                                     |
| <b>Outcomes of the Event :</b><br>Many students have enrolled their name for the Program.  |                                     |
| Remarks and Feedback on the Event:<br>Good Response from our student and faculty members.  |                                     |
| Plan of Implementing in HICET (if any): Yes  |                                     |
| <div style="display: flex; justify-content: space-between; align-items: flex-end;"> <div style="text-align: center;"> <br/>           Signature of the Faculty         </div> <div style="text-align: center;"> <br/>           HoD         </div> <div style="text-align: center;">           Principal         </div> </div> |                                     |



Copy of the Event Brochure / Invitation

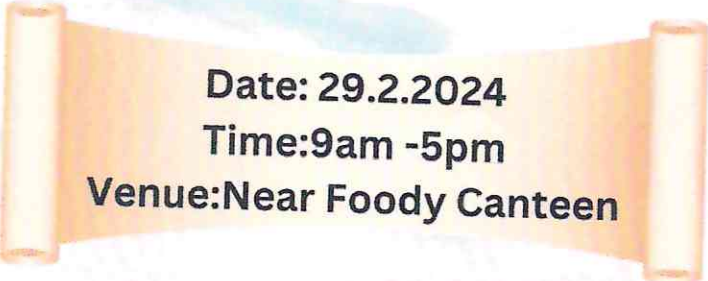



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**COLLEGE OF ENGINEERING AND TECHNOLOGY**  
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Valley Campus, Pollachi Highway, Coimbatore -32


**Yoga Club & Isha Foundation**  
*Jointly Organised*

**Mahashivaratri Band Issue Mela**

Chief Guest: Isha Volunteers



Date: 29.2.2024  
Time: 9am -5pm  
Venue: Near Foody Canteen




**Yoga Club Coordinator:**  
Dr. k.Kavithamani/Asp  
S&H

**convenor:**  
Dr.K.P.Uma/HOD  
S&H

**patrons:**  
Dr.J.Jaya/principal  
HICET

**Dr.K.Karunakaran**  
CEO





## Geo-Tagged Photographs of Event

**“MAY LORD SHIVA GIVE POWER & STRENGTH TO EVERYONE FACING DIFFICULTIES”**










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## Report for Organized

|  |                                     |
|--|-------------------------------------|
| Name of the Faculty :Dr.K.Kavithamani  |                                     |
| Department :S&H  | Designation :ASP                    |
| Nature of the Event: Yoga Speech Competition   |                                     |
| Category: Students   |                                     |
| Title : Roles of Yoga in day today life  |                                     |
| Venue : S&H Library.   |                                     |
| No. of Days :1   | Dates : 12.3.2024                   |
| Funded by: College Management.   |                                     |
| No. of Participants :13  | Registration charges (if any) : NIL |
| Name and Designation of Resource Person(s) : Dr.K.Kavithamani, & Ms.S.N.Ramya  |                                     |
| <b>Outcomes of the Event :</b>   |                                     |
| Students were actively participated in the speech competition.   |                                     |
| Remarks and Feedback on the Event:<br>Good Response from our student and conveyed many useful thoughts to audience.  |                                     |
| Plan of Implementing in HICET (if any): Yes  |                                     |
| <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> <br/>       Signature of the Faculty     </div> <div style="text-align: center;"> <br/>       HoD     </div> <div style="text-align: center;"> <br/>       Principal     </div> </div> |                                     |





Copy of the Event Brochure / Invitation



**Hindusthan**  
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Pollachi Highway, Valley Campus, Coimbatore .



**Competition On**  
**ROLES OF YOGA IN**  
**DAY TO DAY LIFE**

**Venue: S&H Department Library**

**Date: 12.03.2024**

**Time: 3Pm-4.30Pm**

**Yoga Club Coordinator:**  
**Dr. k.Kavithamani/Asp**  
**S&H**

**convenor:**  
**Dr.K.P.Uma/HOD**  
**S&H**

**patrons:**  
**Dr.J.Jaya/principal**  
**HICET**

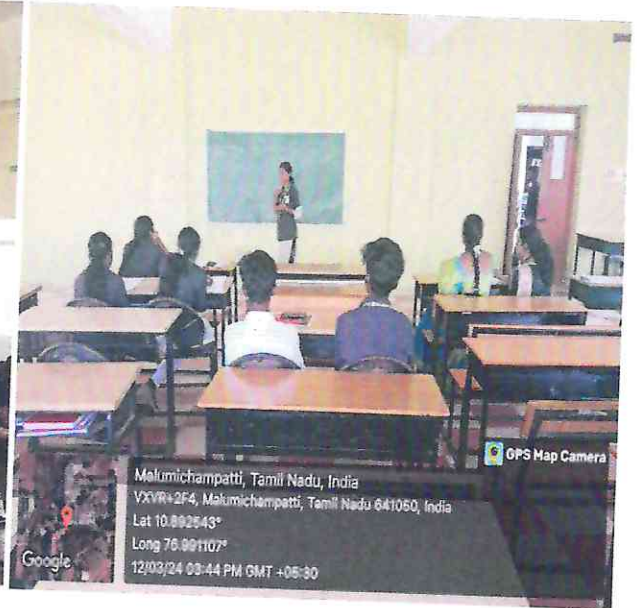
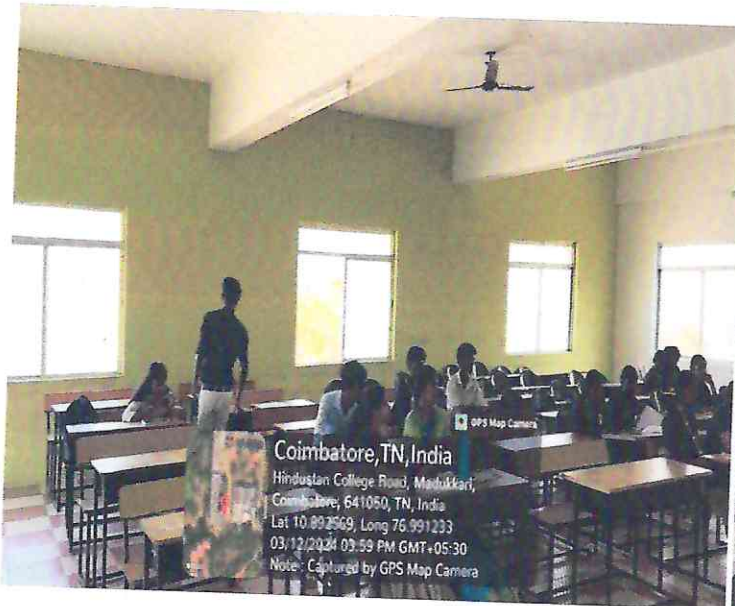
**Dr.K.Karunakaranan**  
**CEO**





## Geo-Tagged Photographs of Event

“Yoga is the journey of the self, through the self, to the self.” — The Bhagavad Gita.




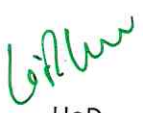





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[www.hicet.ac.in](http://www.hicet.ac.in)

## Report for Organized

|   |                                     |
|---|-------------------------------------|
| Name of the Faculty :Dr.K.Kavithamani   |                                     |
| Department :S&H   | Designation :ASP                    |
| Nature of the Event: Workshop   |                                     |
| Category: Students & Faculty  |                                     |
| Title : Work Shop on Silambam and Sidha Medicines   |                                     |
| Venue : Isha Ground   |                                     |
| No. of Days :1  | Dates : 13.3.2024                   |
| Funded by : Isha  |                                     |
| No. of Participants :47   | Registration charges (if any) : NIL |
| Name and Designation of Resource Person(s) :Mr.Srivengat<br>Yoga Trainer<br>Isha Foundation, Coimbatore   |                                     |
| <b>Outcomes of the Event :</b><br>Students are very much interested in this workshop.   |                                     |
| <b>Remarks and Feedback on the Event:</b><br>Good Response from our student and faculty members.<br>They were very eagerly participated in Parai and Silambam.  |                                     |
| Plan of Implementing in HICET (if any): Yes   |                                     |
| <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> <br/>Signature of the Faculty         </div> <div style="text-align: center;"> <br/>HoD         </div> <div style="text-align: center;"> <br/>Principal         </div> </div> |                                     |



Copy of the Event Brochure / Invitation



**Hindusthan**

*College of Engineering and Technology*

(An Autonomous Institution)  
Pollachi Highway, Valley Campus, Coimbatore .



# OUT REACH PROGRAM

## Workshop On

## Silambam & Sidha Medicine



**13.03.2024**



**Isha Ground**



**11Am To 3Pm**



**Yoga Club Coordinator:**  
**Dr. k.Kavithamani/Asp**  
**S&H**

**convenor:**  
**Dr.K.P.Uma/HOD**  
**S&H**

**patrons:**  
**Dr.J.Jaya/principal**  
**HICET**

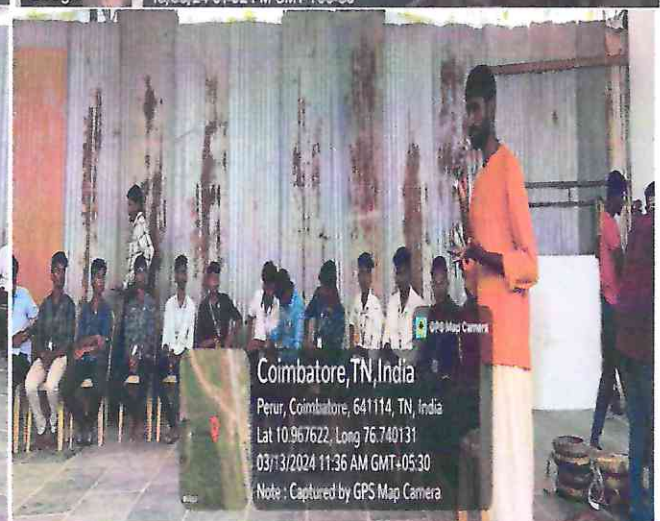
**Dr.K.Karunakaran**  
**CEO**





## Geo-Tagged Photographs of Event

**"KEEP YOUR FACE ALWAYS TOWARD THE SUNSHINE, AND SHADOWS WILL FALL BEHIND YOU."**



**"Attitude is a little thing that makes a big difference."**

