

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

Club : YOGA CLUB

Academic Year :2022-2023

INDEX OF EVENTS

Activity	Date	Name of the Event	Number of Participants
1	16.11.2022	Mindfulness and Emotional Wellness	135
2	16.11.2022	Yoga is a Light ,Which once Lit will never Dim	155
3	17.11.2022	Yoga for Mind, Body and Soul	173
4	17.11.2022	Beauty of the Body and Mind	203

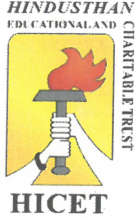

 Coordinator

Dr. A. Lavithamani


 Principal

PRINCIPAL
 Hindusthan College of Engineering & Technology
 COIMBATORE - 641 032





Hindusthan

College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

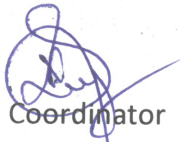
www.hicet.ac.in

CIRCULAR

Ref/ HICET/YOGACLUB/2022-2023/17

Date: 4 .11.2022

It is hereby informed to that yoga club is going to organize a program for Faculty members and students. So Club Coordinators and student coordinators are informed to attend the meeting without fail at 1.00 pm at room number 300.


Coordinator

D. S. Karthikeyan

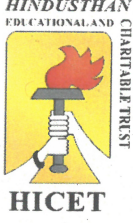

Principal

PRINCIPAL
Hindusthan College of Engineering & Technology
COIMBATORE - 641 032

Copy to

- 1.CEO
- 2.Principal
- 3.Dean academics
- 4.Faculty members and HoD's of all departments





Hindusthan

College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

www.hicet.ac.in

YOGA CLUB

MINUTES OF MEETING

PROGRAM - 17

Date :04.11.2022

Time : 1.00pm-1.20.pm

Minutes : Ref/ HICET/YOGACLUB/2022-2023/17

- The co-ordinator welcomed the student's members and faculty members for the meeting.
- It was discussed that more activities should be conducted in the semester to bring out the hidden talents of students.
- It was finalized to conduct a program on **Mindfulness and Emotional Wellness** for faculty members & students by Mr. Shanmugam, Yoga Trainer on 16.11.2022 at 10 am.
- Faculty members were asked to send the invitation to all the students and encourage them for active participation.

Coordinator

Dr. S. Sankaranarayanan


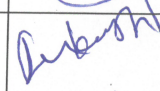
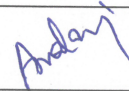
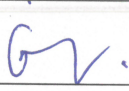
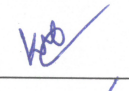


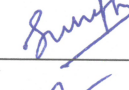
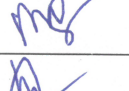
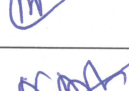
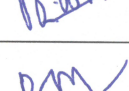
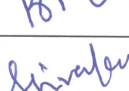
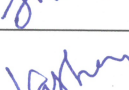
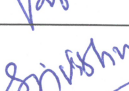
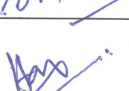




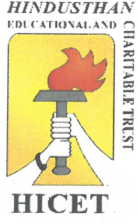
Principal

PRINCIPAL

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

YOGA CLUB- MINUTES OF MEETING

S.NO	NAME	FACULTY/STUDENT	SIGN
1.	Dr.K.Kavithamani	ASP	
2.	Dr.Prakash	AP	
3.	Mr.D.Amalraju	AP	
4	.Ms.Geetha	AP	
5	Ms.K.Kavitha	AP	
6	Dr.S.J.Pradeeba	ASP	
7	Dr.R.Poornima	ASP	
8	Dr.E.Sumathi	ASP	
9	M.Sumithasree	AP	
10	Dr.V.Nirmaladevi	ASP	
11	N.Nithya	AP	
13	B.Mahalakshmi	AP	
14	S.Sivakumar	AP	
15	Varsha.C	STUDENT	
16	Srivishnu.R	STUDENT	
17	Harshavardhan.G	STUDENT	
18	SundaresaRagavan.S	STUDENT	



Hindusthan

College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

www.hicet.ac.in

CIRCULAR

Ref/ HICET/YOGACLUB/2022-2023/18

Date: 4 .11.2022

It is hereby informed to that yoga club is going to organize a program for Faculty members and students. So Club Coordinators and student coordinators are informed to attend the meeting without fail at 1.00 pm at room number 300.

Coordinator

Dr. G. Karithaman

Principal

PRINCIPAL

Hindusthan College of Engineering & Technology
COIMBATORE - 641 032



Copy to

- 1.CEO
- 2.Principal
- 3.Dean academics
- 4.Faculty members and HoD's of all departments



Hindusthan

College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

www.hicet.ac.in

YOGA CLUB

MINUTES OF MEETING

PROGRAM - 18

Date :04.11.2022

Time : 1.00pm-1.20.pm

Minutes : Ref/ HICET/YOGACLUB/2022-2023/18

- The co-ordinator welcomed the student's members and faculty members for the meeting.
- It was discussed that more activities should be conducted in the semester to bring out the hidden talents of students.
- It was finalized to conduct a program on Yoga is a Light ,Which once Lit will never Dim for faculty members & students by Mr.K.Shanmugam, Yoga Trainer on 16.11.2022 at 3.pm.
- Faculty members were asked to send the invitation to all the students and encourage them for active participation.


Coordinator

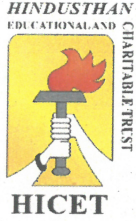
Dr. A. Lawithamani




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

YOGA CLUB- MINUTES OF MEETING

S.NO	NAME	FACULTY/STUDENT	SIGN
1.	Dr.K.Kavithamani	ASP	
2.	Dr.Prakash	AP	
3.	Mr.D.Amalraju	AP	
4	.Ms.Geetha	AP	
5	Ms.K.Kavitha	AP	
6	Dr.S.J.Pradeeba	ASP	
7	Dr.R.Poornima	ASP	
8	Dr.E.Sumathi	ASP	
9	M.Sumithasree	AP	
10	Dr.V.Nirmaladevi	ASP	
11	N.Nithya	AP	
12	B.Mahalakshmi	AP	
13	R.Parthasarathy	AP	
14	S.Sivakumar	AP	
15	Varsha.C	STUDENT	
16	Srivishnu.R	STUDENT	
17	Harshavardhan.G	STUDENT	
18	Arunrathnavel.C	STUDENT	
19	Sujitha.A	STUDENT	
20	SundaresaRagavan.S	STUDENT	



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

CIRCULAR

Ref/ HICET/YOGACLUB/2022-2023/19

Date: 8 .11.2022

It is hereby informed to that yoga club is going to organize a program for Faculty members and students. So Club Coordinators and student coordinators are informed to attend the meeting without fail at 1.00 pm at room number 300.

Coordinator

Dr. S. Karthamani

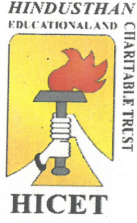
Principal

PRINCIPAL
Hindusthan College of Engineering & technology
COIMBATORE - 641 032



Copy to

- 1.CEO
- 2.Principal
- 3.Dean academics
- 4.Faculty members and HoD's of all departments



Hindusthan

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

YOGA CLUB

MINUTES OF MEETING

PROGRAM - 19

Date :08.11.2022

Time : 1.00pm-1.20.pm

Minutes : Ref/ HICET/YOGACLUB/2022-2023/19

- The co-ordinator welcomed the student's members and faculty members for the meeting.
- It was discussed that more activities should be conducted in the semester to bring out the hidden talents of students.
- It was finalized to conduct a program on **Yoga for body, mind and soul** for faculty members & students by Mr.Guruprasath, Isha foundation, Yoga Trainer on 17.11.2022 at 10 am.
- Faculty members were asked to send the invitation to all the students and encourage them for active participation.

Coordinator

Dr. K. Karthikeyan



Principal

PRINCIPAL

Hindusthan College of Engineering & Technology
COIMBATORE - 641 032

YOGA CLUB- MINUTES OF MEETING

S.NO	NAME	FACULTY/STUDENT	SIGN
1.	Dr.K.Kavithamani	ASP	
2.	Dr.Prakash	AP	
3.	Mr.D.Amalraju	AP	
4	.Ms.Geetha	AP	
5	Ms.K.Kavitha	AP	
6	Dr.S.J.Pradeeba	ASP	
7	Dr.R.Poornima	ASP	
8	Dr.E.Sumathi	ASP	
9	M.Sumithasree	AP	
10	Dr.V.Nirmaladevi	ASP	
11	N.Nithya	AP	
12	B.Mahalakshmi	AP	
13	R.Parthasarathy	AP	
14	S.Sivakumar	AP	
15	Varsha.C	STUDENT	
16	Srivishnu.R	STUDENT	
17	Harshavardhan.G	STUDENT	
18	Arunrathnavel.C	STUDENT	
19	Sujitha.A	STUDENT	
20	SundaresaRagavan.S	STUDENT	



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

CIRCULAR

Ref/ HICET/YOGACLUB/2022-2023/20

Date: 8 .11.2022

It is hereby informed to that yoga club is going to organize a program for Faculty members and students. So Club Coordinators and student coordinators are informed to attend the meeting without fail at 1.00 pm at room number 300.


Coordinator

Dr. S. Karithamani


Principal



PRINCIPAL
Hindusthan College of Engineering & technology
COIMBATORE - 641 032

Copy to

- 1.CEO
- 2.Principal
- 3.Dean academics
- 4.Faculty members and HoD's of all departments



Hindusthan

College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

www.hicet.ac.in

YOGA CLUB

MINUTES OF MEETING

PROGRAM - 20

Date :8.11.2022

Time : 1.00pm-1.20.pm

Minutes : Ref/ HICET/YOGACLUB/2022-2023/20

- The co-ordinator welcomed the student's members and faculty members for the meeting.
- It was discussed that more activities should be conducted in the semester to bring out the hidden talents of students.
- It was finalized to conduct a program on **Beauty of the Body and Mind** for faculty members & students by Mr.Senthil, Yoga Trainer , Isha foundation on 17.11.2022 at 3.pm.
- Faculty members were asked to send the invitation to all the students and encourage them for active participation.


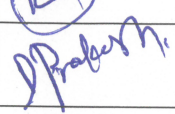

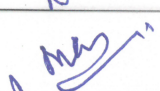
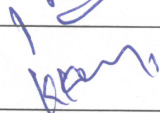
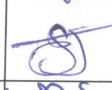

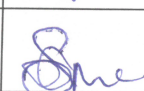
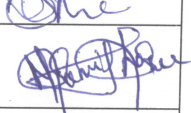

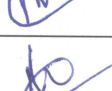

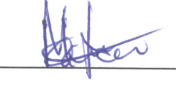
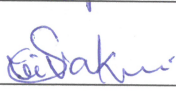
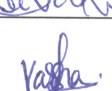
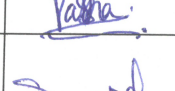

Coordinator




Principal

PRINCIPAL
Hindusthan College of Engineering & Technology
COIMBATORE - 641 032

YOGA CLUB- MINUTES OF MEETING

S.NO	NAME	FACULTY/STUDENT	SIGN
1.	Dr.K.Kavithamani	ASP	
2.	Dr.Prakash	AP	
3.	Mr.D.Amalraju	AP	
4	.Ms.Geetha	AP	
5	Ms.K.Kavitha	AP	
6	Dr.S.J.Pradeeba	ASP	
7	Dr.R.Poornima	ASP	
8	Dr.E.Sumathi	ASP	
9	M.Sumithasree	AP	
10	Dr.V.Nirmaladevi	ASP	
11	N.Nithya	AP	
13	B.Mahalakshmi	AP	
14	S.Sivakumar	AP	
15	Varsha.C	STUDENT	
16	Srivishnu.R	STUDENT	
17	Harshavardhan.G	STUDENT	
18	SundaresaRagavan.S	STUDENT	