

# 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: Workshop	
Category: I year students	
Title : Mindfulness and Emotional Wellness	
Venue : Mullai Hall	
No. of Days :1	Dates : 16.11.2022 (time: 10.30 am)
Funded by :COLLEGE MANAGEMENT	
No. of Participants :135	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Mr.K.Shanmugam , Yoga Teacher	
Outcomes of the Event : <ul style="list-style-type: none"> <li>• Yoga improves strength and flexibility.</li> <li>• Yoga helps to improve our breathing.</li> <li>• Yoga boosts our energy.</li> <li>• Yoga enhances our balance.</li> <li>• Yoga helps manage stress.</li> </ul>	
Remarks and Feedback on the Event: <b>EXCELLENT</b>	
Plan of Implementing in HICET (if any) : We are planning to conduct similar programs in future for our students as well as faculty members.	
Signature of the Faculty In charge	Principal

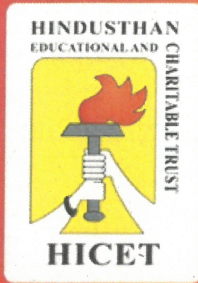
*Dr. K. Kavithamani*



**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

Department of Science and Humanities

&

Yoga Club Jointly Organize

**“Mindfulness and Emotional Wellness”**

Date: 16.11.2022  
Time: 10.30am  
Venue : Mullai Hall

Chief Guest  
Mr.K.Shanmugam  
Yoga Trainer



Dr.J.Jaya  
Principal

Dr.K.Karunakaran  
CEO

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

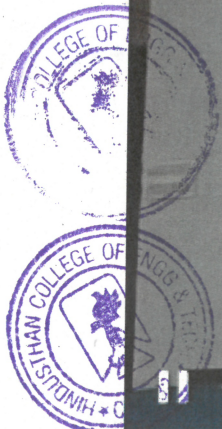
Coordinators  
Yoga Club Members

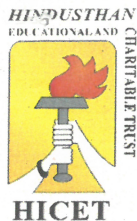
Geo-Tagged Photographs of Event

**" Listen to the wind, it talks" ...**



**"Vibes speak louder than words"**





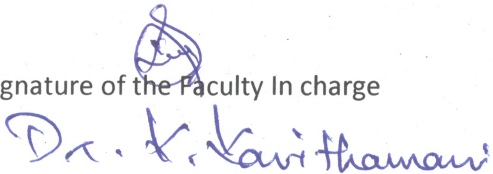

# Hindusthan

## College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

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### Report for Organized

Name of the Faculty : Dr.K.Kavithamani,	
Department :S&H	Designation :ASP
Nature of the Event: Workshop	
Category: I year students	
Title : Yoga is a Light ,Which once Lit will never Dim	
Venue : Mullai Hall	
No. of Days :1	Dates : 16.11.2022( Time : 3.30 pm)
Funded by :COLLEGE MANAGEMENT	
No. of Participants :155	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Mr.K.Shanmugam , Yoga Teacher	
Outcomes of the Event : <ul style="list-style-type: none"> <li>• Relief from depression and anxiety. ...</li> <li>• Reduce the effects of PTSD and similar conditions. ...</li> <li>• Boost concentration, focus, and memory. ...</li> <li>• Improve your mood. ...</li> <li>• Keep your brain young.</li> </ul>	
Remarks and Feedback on the Event: <b>EXCELLENT</b>	
Plan of Implementing in HICET (if any) : Yes we have planned in future for our students and faculty members.	
Signature of the Faculty In charge  Dr. K. Kavithamani	 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

**DEPARTMENT OF SCIENCE AND  
HUMANITIES**

**&**

**YOGA CLUB JOINTLY ORGANIZE**

**"YOGA IS A LIGHT, WHICH ONCE LIT WILL  
NEVER DIM"**

**CHIEF GUEST**

**Mr.K.Shanmugan**

**DATE : 16.11.2022**

**TIME : 3:30PM**

**VENUE: MULLAI HALL**



**PRINCIPAL**  
DR.J.JAYA

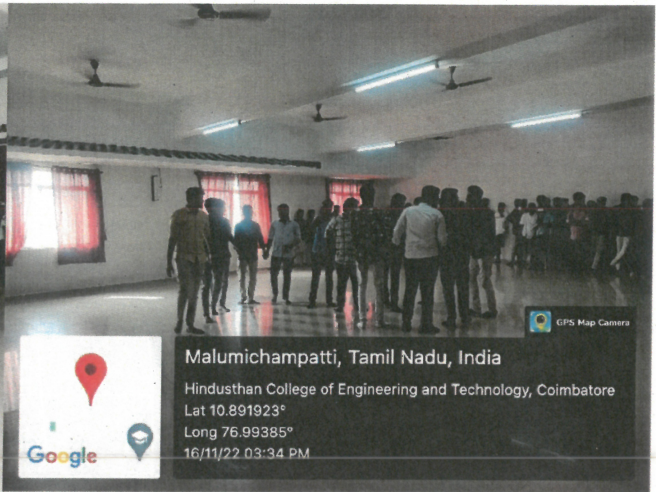
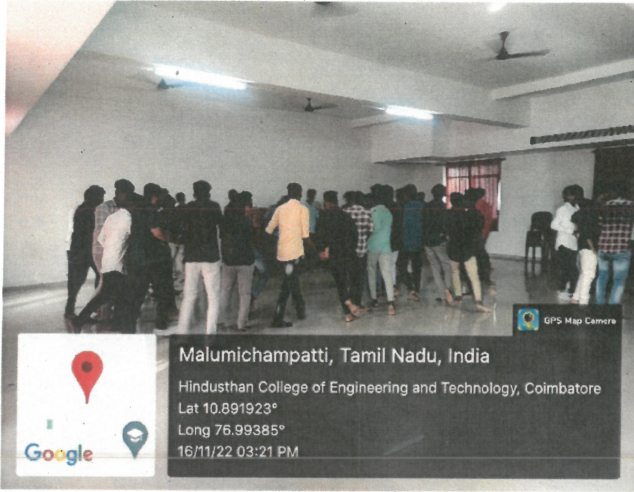
**CEO**  
DR.K.Karunakaran

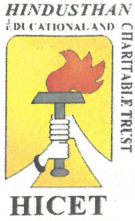
**CONVENOR**  
HOD/S&H  
Dr.K.P.UMA

**COORDINATORS**  
YOGA CLUB  
MEMBERS

Geo-Tagged Photographs of Event

***"Yoga is a dance between control and surrender."***





# Hindusthan

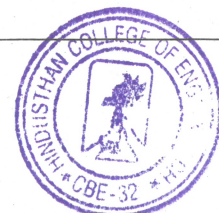
## College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

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### Report for Organized

Name of the Faculty : Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: Yoga	
Category: I year students	
Title : Yoga for Mind, Body and Soul.	
Venue : Mullai Hall	
No. of Days :1	Dates : 17.11 .2022( Time:10 AM)
Funded by :COLLEGE MANAGEMENT	
No. of Participants :173	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Mr.Guruprasath, Yoga Trainer Isha Foundation,coimbatore	
Outcomes of the Event : <ul style="list-style-type: none"> <li>• A morning yoga practice will help to get the blood, breath and muscles moving before breakfast, therefore allowing the nutrients from our food to be better absorbed.</li> <li>• A strong practice can help build muscle, dramatically boost metabolism, and breathing fully and deeply increases circulation, also helping the metabolism to stay ticking along nicely.</li> </ul>	
Remarks and Feedback on the Event: <b>EXCELLENT</b>	
Plan of Implementing in HICET (if any): We are planning to conduct similar programs in future.	
Signature of the Faculty  Dr. K. Kavithamani	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

Department of Science & Humanities  
and  
Yoga Club Jointly Organize

### “YOGA FOR MIND, BODY & SOUL”



*isha*  
FOUNDATION

**Date: 17.11.2022**

**Time: 10.00am**

**Venue: Mullai Hall**

Convenor

Dr.K.P.Uma

HoD/S&H

Coordinators

Yoga Club Members

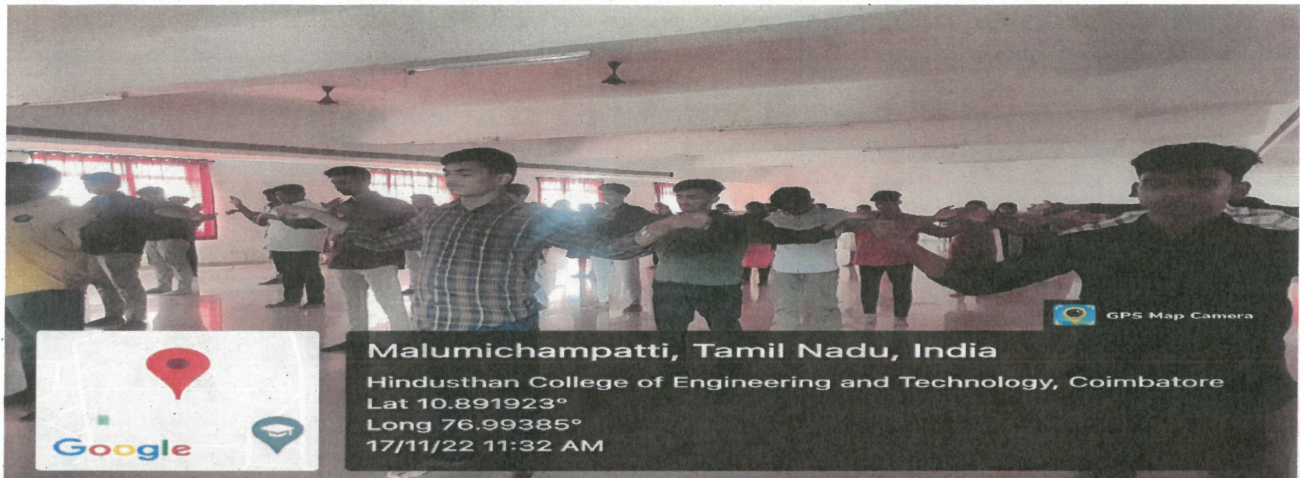
Dr.J.Jaya  
Principal

Dr.K.Karunakaran  
CEO



Geo-Tagged Photographs of Event

**"Yoga is a mirror to look at ourselves from within"**



*"The attitude of gratitude is the highest yoga"*



GPS Map Camera



**Malumichampatti, Tamil Nadu, India**  
Hindusthan College of Engineering and Technology,  
Coimbatore  
Lat 10.891923°  
Long 76.99385°  
12/04/22 11:46 AM



GPS Map Camera



**Malumichampatti, Tamil Nadu, India**  
Hindusthan College of Engineering and Technology,  
Coimbatore  
Lat 10.891923°  
Long 76.99385°  
19/04/22 11:28 AM

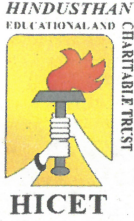


GPS Map Camera



**Malumichampatti, Tamil Nadu, India**  
Hindusthan College of Engineering and Technology,  
Coimbatore  
Lat 10.891923°  
Long 76.99385°  
19/04/22 11:32 AM





**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	
Category: I year students	
Title : Beauty of the Body and Mind	
Venue : Mullai Hall	
No. of Days :1	Dates : 17.11 .2022( Time:3 PM)
Funded by :COLLEGE MANAGEMENT	
No. of Participants :203	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Mr.Senthil, Yoga Trainer Isha Foundation,coimbatore	
Outcomes of the Event : <ul style="list-style-type: none"> <li>• Reduced stress as well as an improved ability to cope with stress.</li> <li>• Improved self-esteem.</li> <li>• Pride in physical accomplishments.</li> <li>• Increased satisfaction with oneself.</li> <li>• Improved body image.</li> <li>• Increased feelings of energy.</li> <li>• Improved in confidence.</li> </ul>	
Remarks and Feedback on the Event: <b>EXCELLENT</b>	
Plan of Implementing in HICET (if any): yes in future we will do it.	
Signature of the Faculty  Dr. K. Kavithamani	Principal  PRINCIPAL Hindusthan College of Engineering & Technology COIMBATORE - 641 032



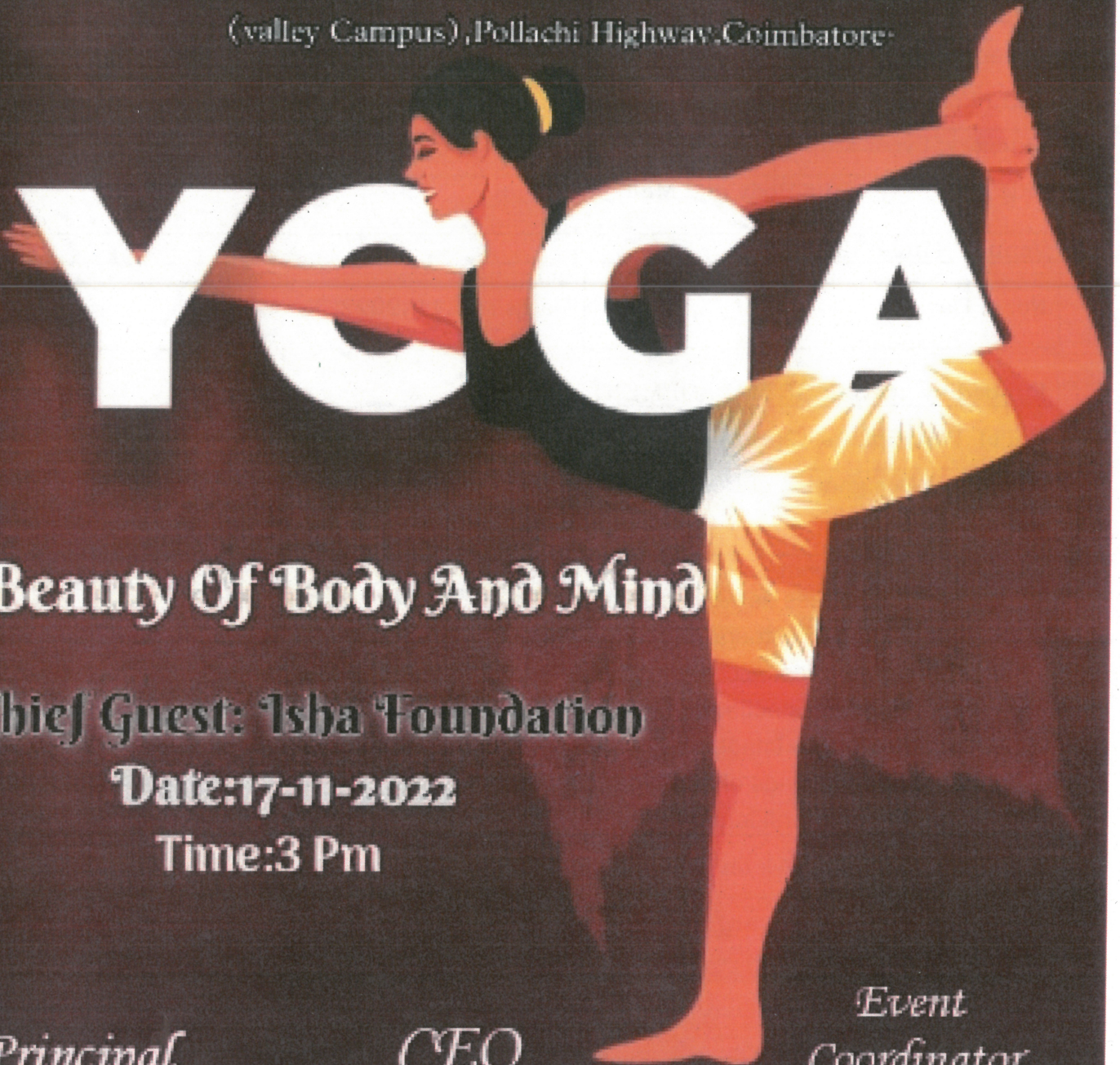
Copy of the Event Brochure / Invitation



# Hindusthan

College of Engineering and Technology

(valley Campus), Pollachi Highway, Coimbatore



**Beauty Of Body And Mind**

**Chief Guest: Isha Foundation**

**Date: 17-11-2022**

**Time: 3 Pm**

*Principal*

DR. J. JAYA

*CEO*

DR. K. KARUNAKARAN

*Event  
Coordinator*

DR. K. KAVITHAMANI  
ASP/S&H



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



**Malumichampatti, Tamil Nadu, India**  
Hindusthan College of Engineering and Technology,  
Coimbatore  
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Long 76.99385°  
17/11/22 03:35 PM

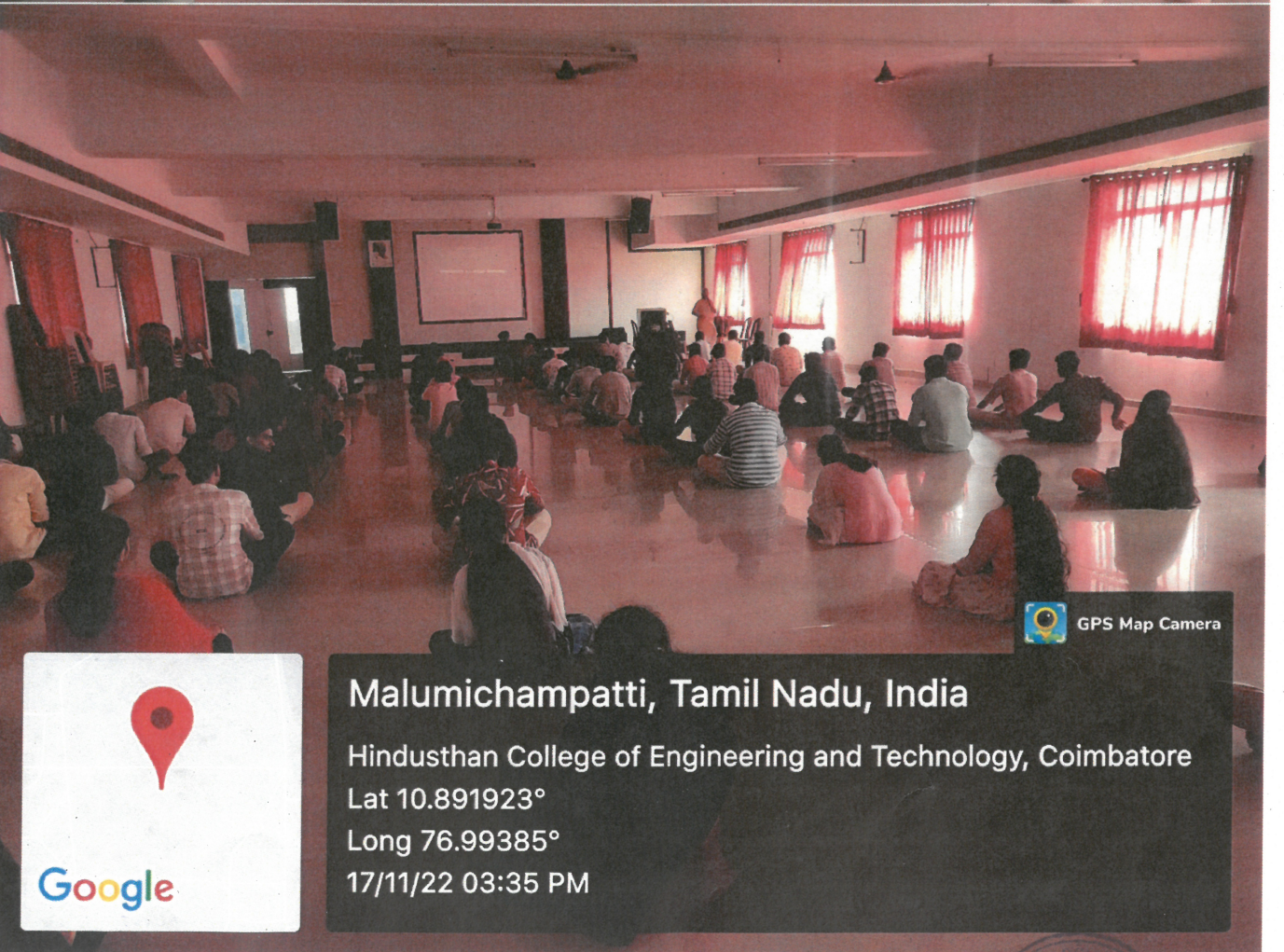
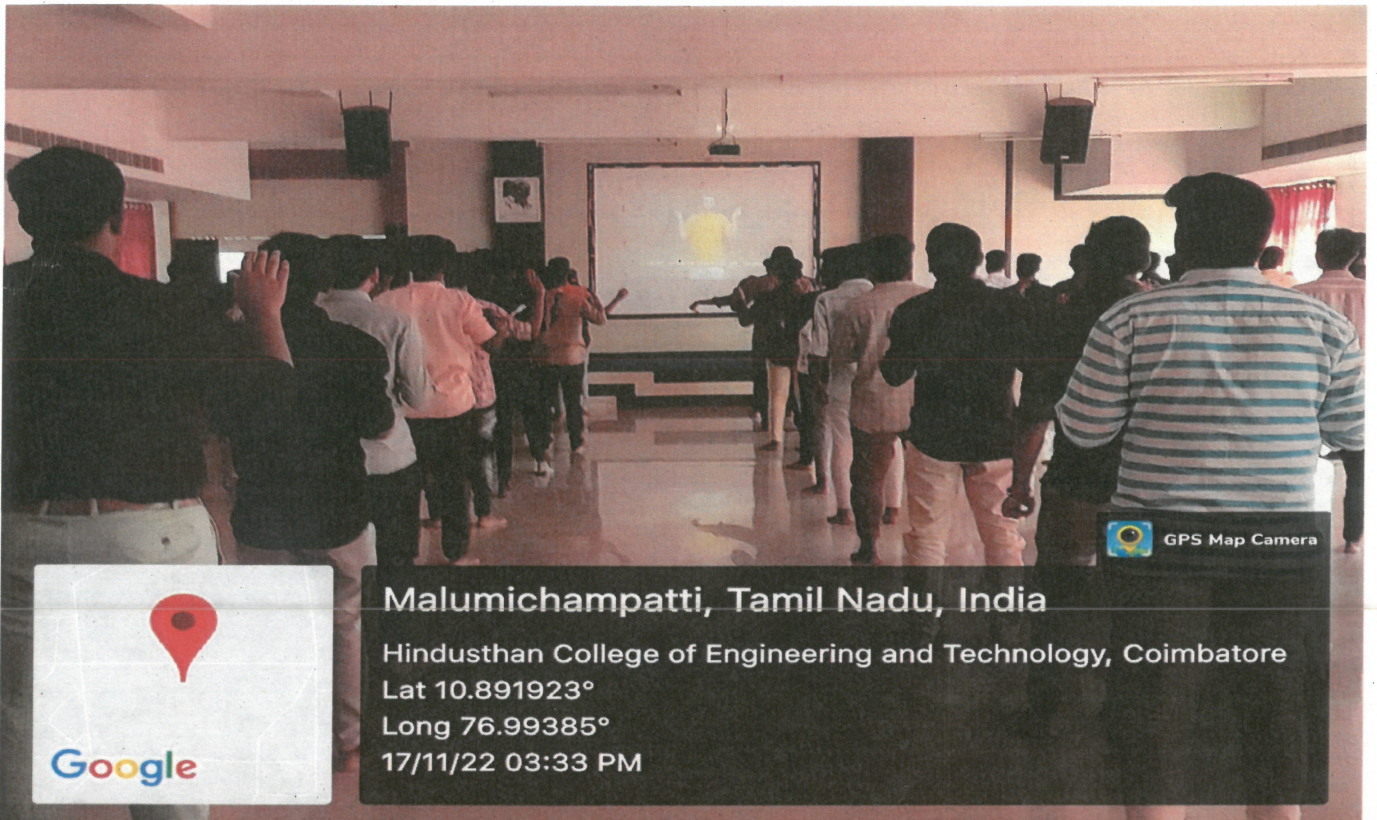
GPS Map Camera



**Malumichampatti, Tamil Nadu, India**  
Hindusthan College of Engineering and Technology, Coimbatore  
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17/11/22 03:34 PM

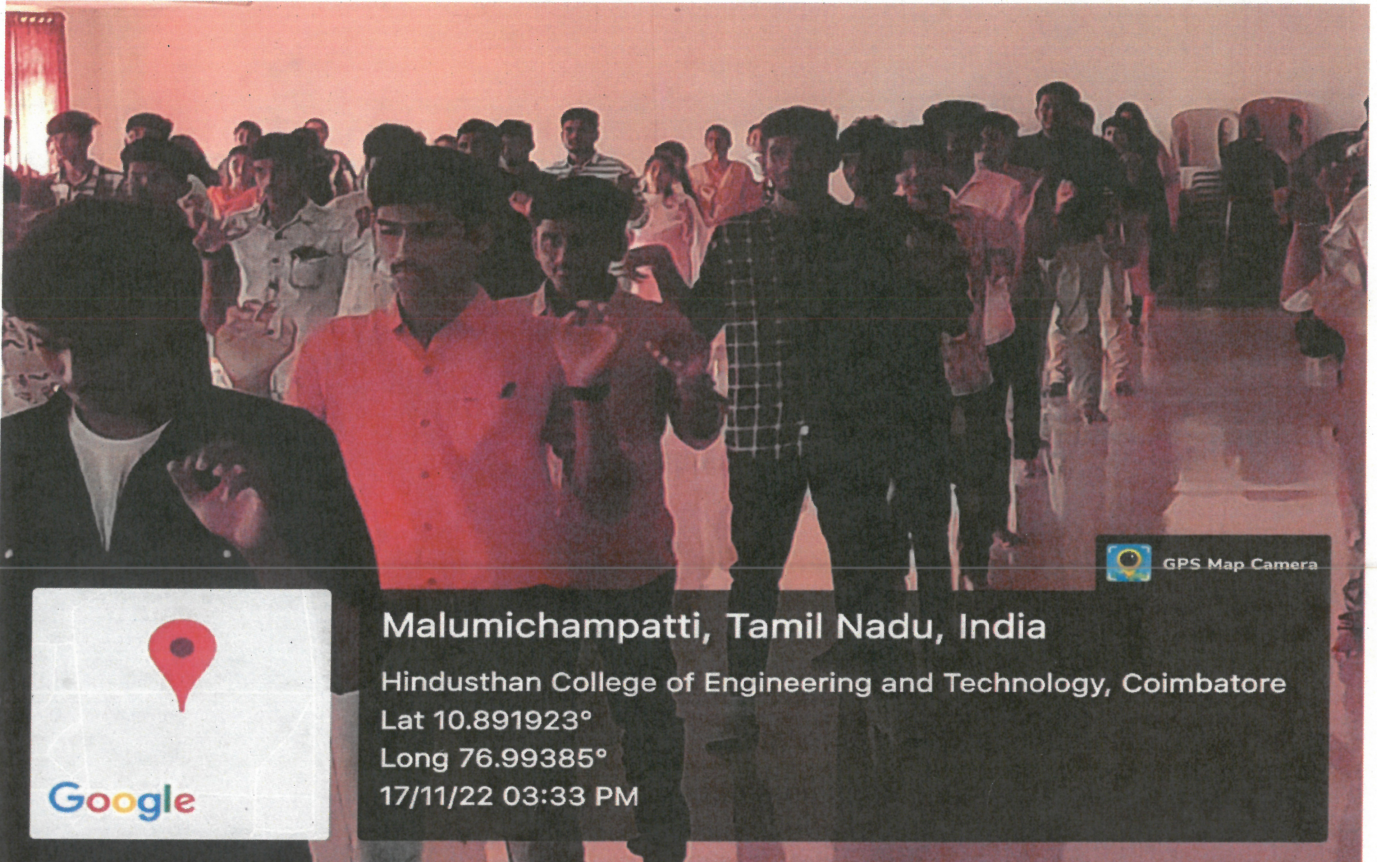
GPS Map Camera

*"Yoga is a skill in action"*



Geo-Tagged Photographs of Event

**"Yoga is 99% practice & 1% theory"**



GPS Map Camera



**Malumichampatti, Tamil Nadu, India**

Hindusthan College of Engineering and Technology, Coimbatore

Lat 10.891923°

Long 76.99385°

17/11/22 03:33 PM



GPS Map Camera



**Malumichampatti, Tamil Nadu, India**

Hindusthan College of Engineering and Technology, Coimbatore

Lat 10.891923°

Long 76.99385°

17/11/22 03:33 PM

