



**Hindusthan**

**College of Engineering and Technology,**

**Valley Campus, Pollachi Highway, Coimbatore 641 032.**

**www.hicet.ac.in**

**CLUB: YOGA CLUB**

**ACADEMIC YEAR :2023-2024**

**INDEX OF EVENTS**

<b>S.NO</b>	<b>DATE</b>	<b>NAME OF THE EVENT</b>	<b>NUMBER OF PARTICIPANTS</b>
1	1.6.2023- 21.6.2023	Yoga for Neck Exercise	100 STUDENTS PER DAY
2	14.6.2023	Yoga for Human Excellence	505
3	14.6.2023	Surya Namaskar	127
4	22.6.2023	Surya Namaskar	127
5	22.6.2023	Surya Shakthi	119

  
COORDINATOR

Dr.K.KAVITHAMANI

ASP,DEPARTMANT OF S&H





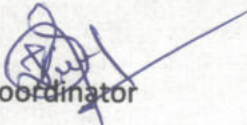
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**Valley Campus, Pollachi Highway, Coimbatore 641 032.**  
**www.hicet.ac.in**

**CIRCULAR**

Ref/ HICET/YOGACLUB/2023-2024/23

Date: 25.05.2023

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

  
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







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**YOGA CLUB**

**MINUTES OF MEETING**

**PROGRAM - 23**

Date: 25.05.2023

Time : 1.00pm-1.20.pm

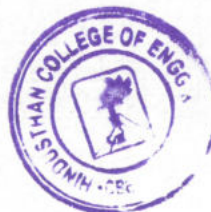
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Minutes :Ref/ HICET/YOGACLUB/2023-2024/23

- The coordinator welcomed the student members and faculty members to 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 the program from 1.6.2023 to 21.6.2023.
- Faculty members were asked to send the invitation to all the students and encourage them to active participation.

  
Coordinator

  
Principal



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# Hindusthan

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[www.hicet.ac.in](http://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.	Dr.S.J.Pradeeba	ASP	
4	Dr.R.Poornima	ASP	
5	Dr.E.Sumathi	ASP	
6	M.Sumithasree	AP	
7	Dr.V.Nirmaladevi	ASP	
8	N.Nithya	AP	
9	B.Mahalakshmi	AP	
10	R.Parthasarathy	AP	
11	S.Sivakumar	AP	
12	K.S.Logeswaran	STUDENT	
13	Jayaprasanth	STUDENT	
14	Sudharsan	STUDENT	
15	Kalaiselvan B	STUDENT	
16	Sivaraman	STUDENT	
17	Sibin	STUDENT	
18	P.Mahalakshmi	STUDENT	
19	Guhan	STUDENT	








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## Report for Organized

Name of the Faculty :Dr.K.Kavithamani	
Department :S&H	Designation :ASP
Nature of the Event: Yoga Physical Activity	
Category: Students & Faculty	
Title : Yoga for Neck Exercise	
Venue : Mullai Hall	
No. of Days :21	Dates : 1.06.2023 to 21.6.2023
Funded by :COLLEGE MANAGEMENT	
No. of Participants :100 students per day	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Mr.Naveen Yoga Trainer Isha Foundation, Coimbatore	
Outcomes of the Event : <ul style="list-style-type: none"> <li>Stretches, Strengthens, Lengthens: Easy Pose Neck Rotation when performed and continued for a longer period, it stretches and strengthens the muscles around the neck, and shoulders.</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	Principal
	
<b>PRINCIPAL</b> Hindusthan College Of Engineering & Tech <b>COIMBATORE - 641 032.</b>	



Copy of the Event Brochure / Invitation

**Hindusthan**  
College Of Engineering And Technology  
(valley Campus),Pollachi Highway,Coimbatore

**NBA** **NAAC**

# International YOGA Day

Venue: Mullai Hall  
Time: 10:00-11:30  
Date:01.06.2023-21.06.2023  
Organization: Yoga club

*"Yoga is not a work-out it is a work-in, and this is the point of spiritual practice to make us teachable to open up our hearts and focus our awareness so that we can know what we already know and be who we already are."*

**PRINCIPAL**  
Dr.J.JAYA

**CEO**  
Dr.K.KARUNAKARAN

**HOD**  
Dr.K.P.UMA

**CHIEF GUEST**  
ISHA FOUNDATION

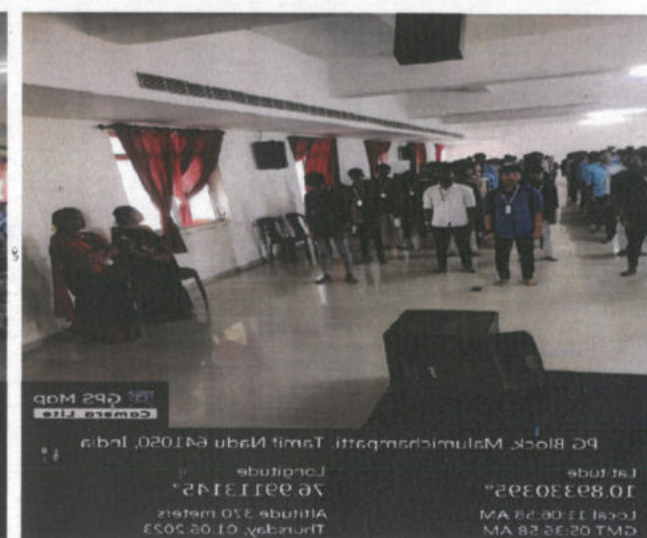
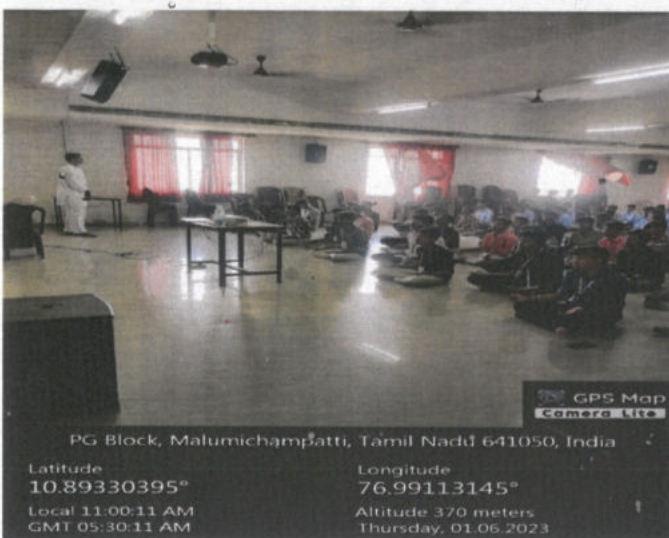
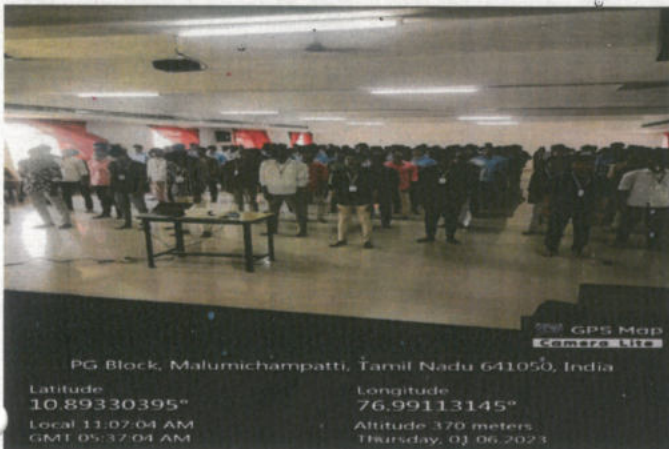
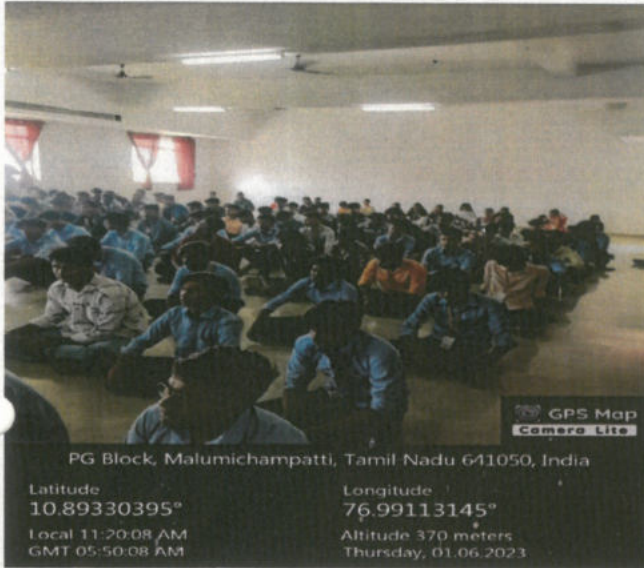
**COORDINATOR**  
Dr.K.KAVITHAMANI





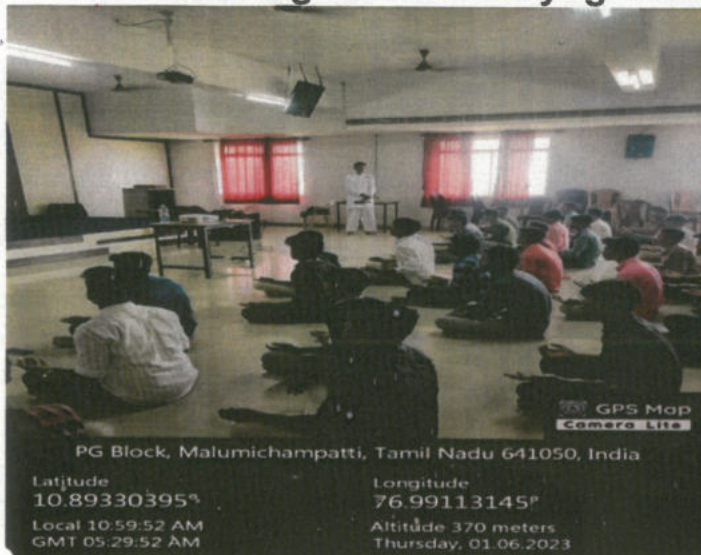
**Geo-Tagged Photographs of Event :**

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

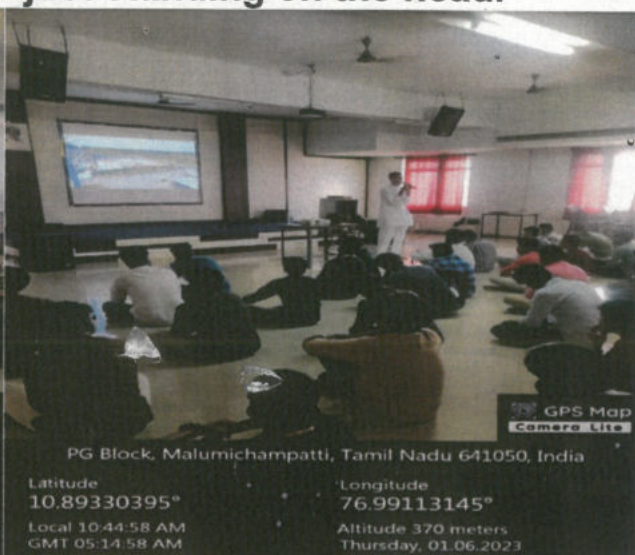




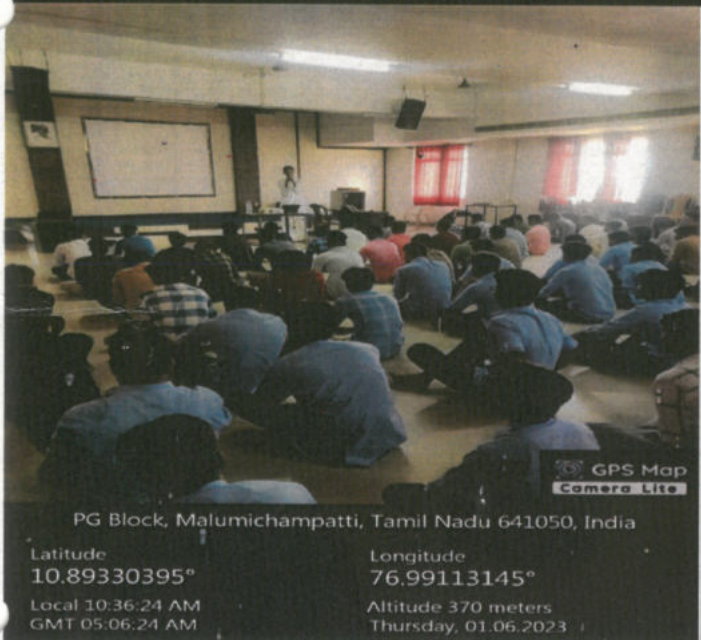
# "Calming the mind is yoga. Not just standing on the head."



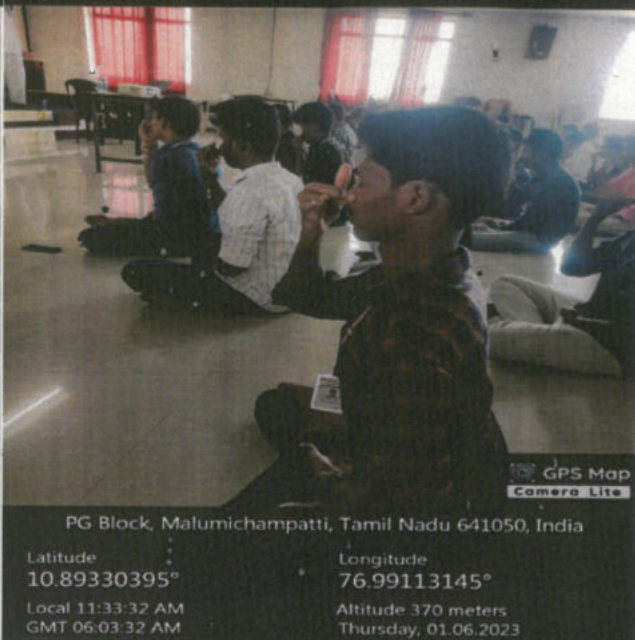
PG Block, Malumichampatti, Tamil Nadu 641050, India  
Latitude 10.89330395° Longitude 76.99113145°  
Local 10:59:52 AM Altitude 370 meters  
GMT 05:29:52 AM Thursday, 01.06.2023



PG Block, Malumichampatti, Tamil Nadu 641050, India  
Latitude 10.89330395° Longitude 76.99113145°  
Local 10:44:58 AM Altitude 370 meters  
GMT 05:14:58 AM Thursday, 01.06.2023



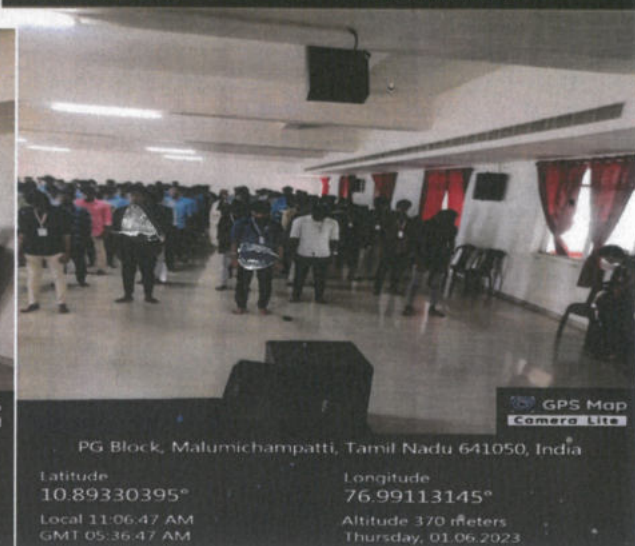
PG Block, Malumichampatti, Tamil Nadu 641050, India  
Latitude 10.89330395° Longitude 76.99113145°  
Local 10:36:24 AM Altitude 370 meters  
GMT 05:06:24 AM Thursday, 01.06.2023



PG Block, Malumichampatti, Tamil Nadu 641050, India  
Latitude 10.89330395° Longitude 76.99113145°  
Local 11:33:32 AM Altitude 370 meters  
GMT 06:03:32 AM Thursday, 01.06.2023



PG Block, Malumichampatti, Tamil Nadu 641050, India  
Latitude 10.89330395° Longitude 76.99113145°  
Local 11:06:56 AM Altitude 370 meters  
GMT 05:36:56 AM Thursday, 01.06.2023

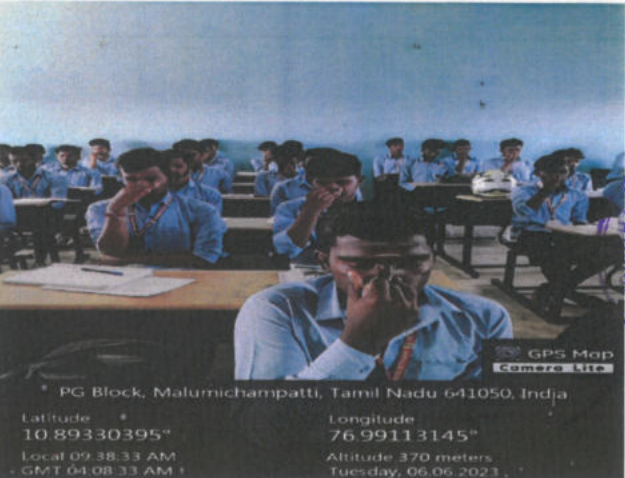


PG Block, Malumichampatti, Tamil Nadu 641050, India  
Latitude 10.89330395° Longitude 76.99113145°  
Local 11:06:47 AM Altitude 370 meters  
GMT 05:36:47 AM Thursday, 01.06.2023





"There is always room for change, but you have to be open to that change."







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**CIRCULAR**

Ref/ HICET/YOGACLUB/2023-2024/24

Date: 1.9.2023

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

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







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**YOGA CLUB**

**MINUTES OF MEETING**

**PROGRAM – 24**

Date : 1.9.2023

Time : 1.00pm-1.20.pm

---

Minutes :Ref/ HICET/YOGACLUB/2023-2024/24

- The coordinator welcomed the student members and faculty members to the meeting.
- We have organised a programme that is a part of SIP to be conducted on behalf of the Department of S&H.
- It was finalized to conduct the program on 14.9.2023 from 10.am to 12.30 p.m. Mrs.Suguna who has the chief guest from Manavalakkalai Mandram, Avinashilingam College.
- Faculty members were asked to send the invitation to all the students and encourage them to active participation.

  
Coordinator

  
Principal



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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.	Dr.S.J.Pradeeba	ASP	
4	Dr.R.Poornima	ASP	
5	Dr.E.Sumathi	ASP	
6	M.Sumithasree	AP	
7	Dr.V.Nirmaladevi	ASP	
8	N.Nithya	AP	
9	B.Mahalakshmi	AP	
10	R.Parthasarathy	AP	
11	S.Sivakumar	AP	
12	K.S.Logeswaran	STUDENT	
13	Jayaprasanth	STUDENT	
14	Sudharsan	STUDENT	
15	Kalaiselvan B	STUDENT	
16	Sivaraman	STUDENT	
17	Sibin	STUDENT	
18	P.Mahalakshmi	STUDENT	
19	Guhan	STUDENT	





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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: Students & Faculty	
Title : Yoga for Human Excellence	
Venue : Mullai Hall	
No. of Days :1	Dates : 14.9.2023
Funded by :COLLEGE MANAGEMENT	
No. of Participants :505	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Prf.Suguna R Yoga Trainer Vethathiri Maharishi, MVKM Trust, Coimbatore	
<p>Outcomes of the Event :</p> <ul style="list-style-type: none"> <li>• Flexibility and balance get a boost.</li> <li>• To gain muscle strength and tone.</li> <li>• It can melt away tension.</li> <li>• It helps relieve different types of pain.</li> <li>• Your spine will thank you.</li> <li>• It promotes healthy joints and bones..</li> <li>• It improves circulation.</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	Principal



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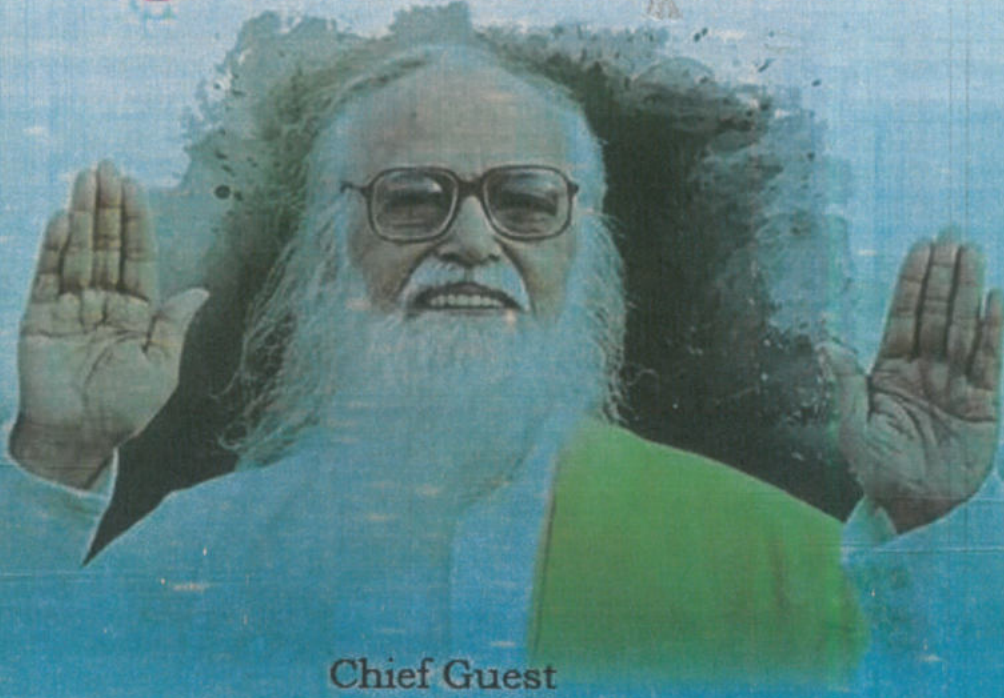
Department of Science and Humanities

Yoga Club & Kinathukadavu

Manavalakkalai Mandram Trust

Jointly Organizes a Seminar On

**"Yoga For Human Excellence"**



Chief Guest

**Prof. R. Suguna**

Yoga Co-ordinator.

Avinashilingam College, Coimbatore.

Date: 14.09.2023

Venue: Kalam Hall

Time: 10:00AM-12:00 Noon

Co-ordinator

Dr.K Kavithamani, Asso.Prof/Maths

Convenor

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

Patrons

Dr.J.Jaya  
Principal

Dr.K.Karunakarn  
CEO





Geo-Tagged Photographs of Event

**"Yoga means addition - addition of energy, strength and beauty to body, mind and soul."**





“Yoga is the cessation of the movements of the mind. Then there is abiding in the Seer’s own form.”







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

CIRCULAR

Ref/ HICET/YOGACLUB/2023-2024/25

Date: 1.9.2023

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

  
Principal

**PRINCIPAL**

Hindusthan College Of Engineering & Techno.  
COIMBATORE - 641 032.

Copy to

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







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**YOGA CLUB**

**MINUTES OF MEETING**

**PROGRAM – 25**

Date : 1.9.2023

Time : 1.00pm-1.20.pm

---

Minutes :Ref/ HICET/YOGACLUB/2023-2024/25

- The coordinator welcomed the student members and faculty members to the meeting.
- We have organised a programme that is a part of SIP to be conducted on behalf of the Department of S&H.
- It was finalized to conduct the program on 14.9.2023 from 2.30 p.m to 4.p.m.. Mr.Naveen who has the chief guest from Isha Foundation.
- Faculty members were asked to send the invitation to all the students and encourage them to active participation.

  
Coordinator

  
Principal



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**YOGA CLUB- MINUTES OF MEETING**

S.NO	NAME	FACULTY/STUDENT	SIGN
1.	Dr.K.Kavithamani	ASP	
2.	Dr.Prakash	AP	
3.	Dr.S.J.Pradeeba	ASP	
4	Dr.R.Poornima	ASP	
5	Dr.E.Sumathi	ASP	-
6	M.Sumithasree	AP	
7	Dr.V.Nirmaladevi	ASP	
8	N.Nithya	AP	
9	B.Mahalakshmi	AP	
10	R.Parthasarathy	AP	
11	S.Sivakumar	AP	
12	K.S.Logeswaran	STUDENT	
13	Jayaprasanth	STUDENT	
14	Sudharsan	STUDENT	
15	Kalaiselvan B	STUDENT	
16	Sivaraman	STUDENT	
17	Sibin	STUDENT	
18	P.Mahalakshmi	STUDENT	
19	Guhan	STUDENT	







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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 : 14.9.2023
Fundedby :COLLEGE MANAGEMENT	
No. of Participants :127	Registration charges (if any) : NIL
Name and Designation of Resource Person(s) : Prf.Selvi Yoga Trainer Isha Foundation, Coimbatore	
<p><b>Outcomes of the Event :</b></p> <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	HoD
	Principal



**PRINCIPAL**

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Copy of the Event Brochure / Invitation



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*College Of Engineering & Technology*

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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."**



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°







**Hindusthan**

**College of Engineering and Technology,**

**Valley Campus, Pollachi Highway, Coimbatore 641 032.**

**www.hicet.ac.in**

**CIRCULAR**

Ref/ HICET/YOGACLUB/2023-2024/26

Date: 20.9.2023

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

  
Principal

**PRINCIPAL**  
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COIMBATORE - 641 032.

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- 2.Principal
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**YOGA CLUB**

**MINUTES OF MEETING**

**PROGRAM – 26**

Date : 20.9.2023

Time : 1.00pm-1.20.pm

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Minutes :Ref/ HICET/YOGACLUB/2023-2024/26

- The coordinator welcomed the student members and faculty members to 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 the program on 22.9.2023 from 10.00a.m. to 12.30 p.m..Chief Guest Ms.Selvi, from Isha Foundation will engage the program.
- Faculty members were asked to send the invitation to all the students and encourage them to active participation.

  
Coordinator



  
Principal

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Hindusthan College Of Engineering & Technology  
COIMBATORE - 641 032.





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College of Engineering and Technology,

Valley Campus, Pollachi Highway, Coimbatore 641 032.

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## YOGA CLUB- MINUTES OF MEETING

S.NO	NAME	FACULTY/STUDENT	SIGN
1.	Dr.K.Kavithamani	ASP	
2.	Dr.Prakash	AP	
3.	Dr.S.J.Pradeeba	ASP	
4.	Dr.R.Poornima	ASP	
5.	Dr.E.Sumathi	ASP	
6.	M.Sumithasree	AP	
7.	Dr.V.Nirmaladevi	ASP	
8.	N.Nithya	AP	
9.	B.Mahalakshmi	AP	
10.	R.Parthasarathy	AP	
11.	S.Sivakumar	AP	
12.	K.S.Logeswaran	STUDENT	
13.	Jayaprasanth	STUDENT	
14.	Sudharsan	STUDENT	
15.	Kalaiselvan B	STUDENT	
16.	Sivaraman	STUDENT	
17.	Sibin	STUDENT	
18.	P.Mahalakshmi	STUDENT	
19.	Guhan	STUDENT	







# 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 on Surya Namaskar	
Category: Students& Faculty	
Title :Surya Namaskar	
Venue : Mullai Hall/ 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.Selvi Yoga Trainer Isha Foundation, Coimbatore	
<b>Outcomes of the Event :</b> <ul style="list-style-type: none"> <li>• Physical. Improved body flexibility and balance. Improved cardiovascular endurance (stronger heart) .</li> <li>• Mental. Relief of stress resulting from the control of emotions. ...</li> <li>• Spiritual. Life with meaning, purpose, and direction.</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	HoD
	Principal



**PRINCIPAL**  
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Copy of the Event Brochure / Invitation



# HINDUSTHAN

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Valley Campus, Pollachi Highway, Coimbatore...

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

## 'IMPORTANCE ON MEDITATION'



Chief Guest:



**NAVEEN MADIRAJU**  
Classical Hatha Yoga Teacher

**Date:14.09.2023**  
**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** Principal  
**Dr.K.Karunakaran** CEO

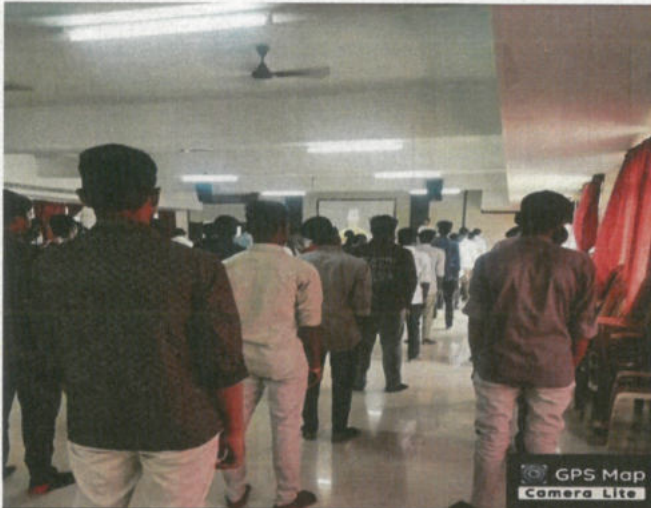




Shortcut Way, Malumichampatti, Tamil Nadu 641050, India  
 Latitude: 10.89283896° Longitude: 76.99110188°  
**Geo-Tagged Photographs of Event**  
 Local 03:52:24 PM Altitude 370 meters  
 GMT 09:52:24 AM Thursday, 14.09.2023

Shortcut Way, Malumichampatti, Tamil Nadu 641050, India  
 Latitude: 10.89283896° Longitude: 76.99110188°  
 Local 03:51:19 PM Altitude 370 meters  
 GMT 10:21:19 AM Thursday, 14.09.2023

**"Exercises are like prose, whereas yoga is the poetry of movements."**



Shortcut Way, Malumichampatti, Tamil Nadu 641050, India  
 Latitude 10.89283896° Longitude 76.99110188°  
 Local 03:22:24 PM Altitude 370 meters  
 GMT 09:52:24 AM Thursday, 14.09.2023

Shortcut Way, Malumichampatti, Tamil Nadu 641050, India  
 Latitude 10.89283896° Longitude 76.99110188°  
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 GMT 10:21:19 AM Thursday, 14.09.2023



Shortcut Way, Malumichampatti, Tamil Nadu 641050, India  
 Latitude 10.89283896° Longitude 76.99110188°  
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Shortcut Way, Malumichampatti, Tamil Nadu 641050, India  
 Latitude 10.89283896° Longitude 76.99110188°  
 Local 03:51:14 PM Altitude 370 meters  
 GMT 10:21:14 AM Thursday, 14.09.2023





**“Yoga is the art work of awareness on the canvas of body, mind, and soul.”**



GPS Map  
Camera Lite

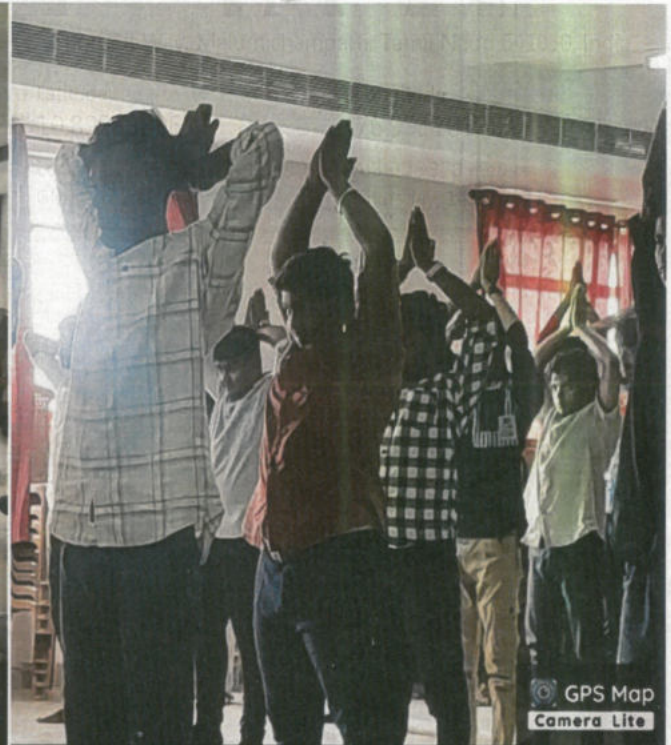
Shortcut Way, Malumichampatti, Tamil Nadu 641050, India

Latitude  
10.89283896°

Longitude  
76.99110188°

Local 03:52:27 PM  
GMT 10:22:27 AM

Altitude 370 meters  
Thursday, 14.09.2023



GPS Map  
Camera Lite

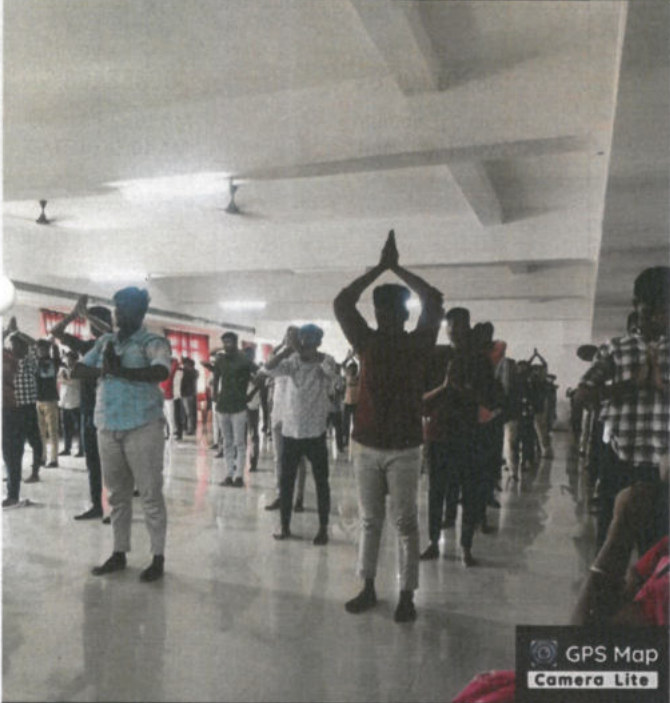
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Latitude  
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Longitude  
76.99110188°

Local 04:12:46 PM  
GMT 10:42:46 AM

Altitude 370 meters  
Thursday, 14.09.2023



GPS Map  
Camera Lite

Shortcut Way, Malumichampatti, Tamil Nadu 641050, India

Latitude  
10.89283896°

Longitude  
76.99110188°

Local 04:13:01 PM  
GMT 10:43:01 AM

Altitude 370 meters  
Thursday, 14.09.2023



GPS Map  
Camera Lite

Shortcut Way, Malumichampatti, Tamil Nadu 641050, India

Latitude  
10.89283896°

Longitude  
76.99110188°

Local 04:14:10 PM  
GMT 10:44:10 AM

Altitude 370 meters  
Thursday, 14.09.2023







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

**CIRCULAR**

Ref/ HICET/YOGACLUB/2023-2024/27

Date: 20.9.2023

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

  
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,**

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**YOGA CLUB**

**MINUTES OF MEETING**

**PROGRAM – 27**

Date : 20.9.2023

Time : 1.00pm-1.20.pm

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Minutes :Ref/ HICET/YOGACLUB/2023-2024/27

- The coordinator welcomed the student members and faculty members to 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 the program on 22.9.2023 from 2.30p.m. to 4.30pm.
- Faculty members were asked to send the invitation to all the students and encourage them to active participation.

  
Coordinator


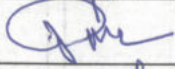

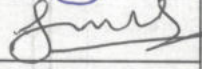
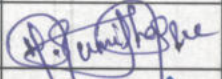
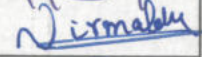

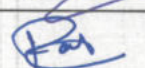
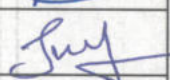
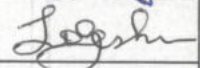
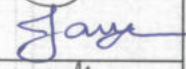
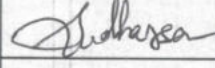
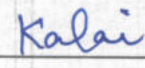
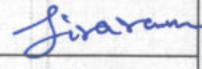
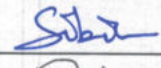
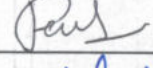
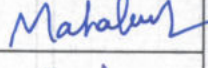



  
Principal

**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.	Dr.S.J.Pradeeba	ASP	
4	Dr.R.Poornima	ASP	
5	Dr.E.Sumathi	ASP	-
6	M.Sumithasree	AP	
7	Dr. V.Nirmaladevi	ASP	
8	N.Nithya	AP	
9	B.Mahalakshmi	AP	
10	R.Parthasarathy	AP	
11	S.Sivakumar	AP	
12	K.S.Logeswaran	STUDENT	
13	Jayaprasanth	STUDENT	
14	Sudharsan	STUDENT	
15	Kalaiselvan B	STUDENT	
16	Sivaraman	STUDENT	
17	Sibin	STUDENT	
18	P.Mahalakshmi	STUDENT	
19	Guhan	STUDENT	





# 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) :Mr.Naveen, Yoga Trainer 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	
Signature of the Faculty	HoD
	Principal



**PRINCIPAL**  
Hindusthan College Of Engineering &  
COIMBATORE - 641 032



Copy of the Event Brochure / Invitation



# HINDUSTHAN

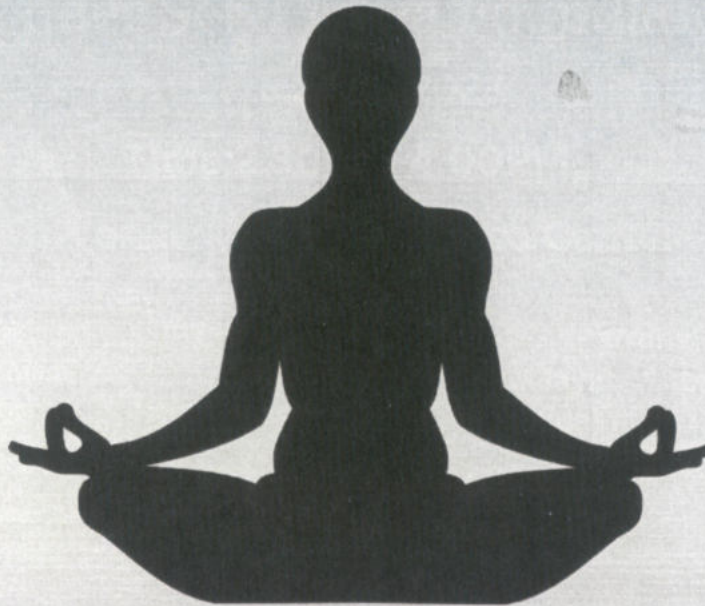
**College Of Engineering & Technology**

(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  
Principal

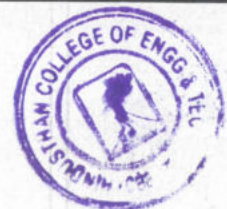
Dr.K.Karunakaran  
CEO





Geo-Tagged Photographs of Event

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





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

