



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

YOGA CLASS

SSM Institute of Engineering and Technology, Dindigul in association with Isha Volunteer organized a yoga class on 21st, June 2023, 9:30AM to 10:45AM in the ground floor of the library building. Nearly 100 students participated in it.

Program conducted by Swami Thapomula from Isha, Cbe and accompanied by two members from Dindigul. The programme was started formally by Dr. Senthil Kumaran, Principal of SSM institute of engineering and technology, Dindigul. NSS coordinator, YRC coordinator and the WEC coordinator together organized and it was co - ordinated by Mechanical HoD Dr. G. Sankaranarayanan.

After that, Swami Thapomula delivered the speech extolling the importance of yoga. He started the class by giving warm up exercises and games. They practised Yoganamskar and nadi suddhi practice for 36 mins. This programme was conducted for the students which will be a trigger a whole new way of enhancing themselves.

In the end, the Principal of the college, Dr. Senthil Kumaran congratulated the NSS coordinator, YRC coordinator and the WEC coordinator for the successful organization of the yoga class and encouraged them to conduct such activities in future also.

Coordinator

R. Satheesh Babu, AP/Maths

S. Hemalatha, AP/Maths

S. Kavitha, AP/Maths

Principal's Signature







