

Requisition Letter

From

Mrs. S. Hemalatha, Co-Ordinator of YRC,
Department of S&H,
SSM Institute of Engineering and Technology,
Dindigul.

To

The Principal,
SSM Institute of Engineering and Technology,
Dindigul.

Respected Sir,

Sub: Requisition of conducting Health awareness programme to nearby school on 29.11.2022 -reg.

As the Coordinator of YRC, I request your permission to conduct a health awareness program in the nearby school. Student's participation is encouraged to create a way to lead a healthy and better life. Student's participation in this program is not only a contribution to the environment but also to improving the health of individuals and communities.

Thank you.

School name: Govt. Hr. Sec. School, Sendurai.

Date: 25.11.22

Place: Dindigul.



Yours faithfully,



Principal

Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal
SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindhalagundu (Po),
Palani Road, Dindigul - 624 002.

Program Co - Ordinator:

Mrs. S. Hemalatha, AP/ Mathematics





SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul-Palani Highway, Dindigul - 624 002.

Health awareness programme

Date: 29.11.2022

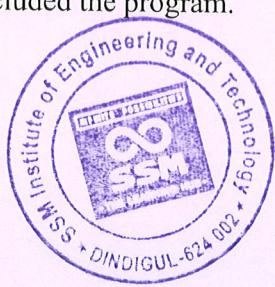
Venue: Class room

Health Awareness programme was conducted by the YRC Co-Ordinator, Mrs. S. Hemalatha of SSMIET at Govt. Hr. Sec. School, Sendurai on 29.11.2022. from 10.00am to 12.00pm. The programme was started formally by YRC coordinator S. Hemalatha, AP / Maths, of SSM Institute of Engineering and Technology. The IX and XI standard school students (65 students) and school teachers participated in this programme. Dr. Selvarani Jeyaraman, Dindigul, shared practical tips for healthy living, including healthy diet, activity, relationships, stress management, sleep, and brain fitness. Besides giving sample menus for different meals right from the mornings' breakfast through dinner, the events also highlighted the importance of having regular aerobic exercises.

OBJECTIVES of the Programme: The objectives of the Health Awareness programme are widespread. The ultimate goal of health awareness programme is:

- To improve the health of the individual and community level
- To inform and educate the mass about their certain health issues
- To combat diseases like stress, mental unhealthiness

For all these, participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and sound. In addition, people present there are also spurred to boost up their daily nutrition intake. They are also given information on how to integrate and maintain hygiene in their lifestyle. This programme is focused towards addressing issues of personal health care, vaccination, hygiene, and illness prevention. YRC coordinator Mrs.S. Hemalatha, AP / Maths, of SSM Institute of Engineering and Technology, proposed vote of thanks and concluded the program.

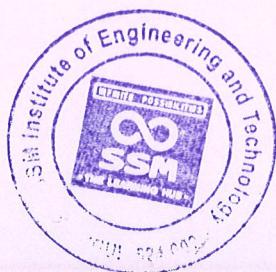



Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal
SSM Institute of Engineering and Technology
Kandasamy Village Sindhalagundam
Palani Road Dindigul 624 002

Health awareness programme



Govt. Hr. Sec. School students - Sendurai



A handwritten signature in blue ink, appearing to read "Dr. D. Senthil Kumaran".

Dr.D.SENTHIL KUMARAN, M.E., Ph.D.,(NUS)
Principal
SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindalagundi (Po),
Balani Road, Dinidigul - 624 092



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

Participants List (IX, XI Standard)

Sl.No	Name	Signature
1	ROBIN MANOJ.I	Robin
2	ROZARIO ANTONY.V	Rozario Anthony
3	SANJAYPIRASANTH.S	Sanjaypirasanth
4	SANTHANAKRISHNAN.A	Santhanakrishnan
5	SARAVANAKUMAR.B	Saravanan
6	SARAVANAKUMAR.I	SARAVANAKUMAR
7	SARAVANAN.K	Saravanan
8	SEENIVASAN.S	Seenivasan
9	SHAMEER AHMED.A	Shameer Ahmed
10	STANISLAS.S	Stanislas
11	SUDHARSANAM.K	Sudharsanam
12	SUNDER VELU.P	Sunder
13	SURYA.T	Surya
14	TAMIL SELVAN.M	Tamil Selvan
15	THOMAS REMIGIUS.V	Thomas
16	VELANKANNI.M	Velankanni
17	VELMURUGAN.S	Velmugan
18	VENKATESH.B	Venkatesh
19	VENKATESH.S	Venkatesh
20	VETRIVEL MURUGAN.E	Murugan
21	VIGNESH KAMATCHI.G	Vignesh Kamatchi
22	VIGNESH.T	Vignesh
23	VIGNESH.Y	Vignesh Y
24	VIGNESHWARAN.R	Vigneswaran
25	VIGNESWARAN.S	Vigneswaran
26	VIJAYAN.M	Vijayan
27	VISHVANATHAN.T	Vishvanathan
28	MOHANAPRIYA R	Mohanapriya
29	MOHAN RAJ GOKUL S	Moohan Raj Gokul S
30	MOTHILAL A	Mothilal A

Sl.No	Name	Signature
31	KARTHIK B	Karthik.
32	MAHATHIR K	
33	MAHESWARI S	mahegvaris.
34	MANIMARAN M	mano.
35	MARIAMMAL N	Mariammal
36	MARUTHAMUTHU G	medha.
37	MOHAMED MAIDEEN N	Mohamed.
38	MOHAMED NAVEETH A	navee.
39	MOHANAPRIYA R	Mohanpriya
40	MOHAN RAJ GOKUL S	Gokul,
41	MOTHILAL A	Muthilal.
42	MUTHU KUMAR M	dees.
43	MUTHU MURUGAN M	mede
44	MUTHU RAJAN A	Muthukaran
45	MUTHUVEL B	Muthuvel
46	NAGAJOTHI V	veer
47	NANDHINI N	Nandini.
48	NANDHINI GAYATHRI J	Gayathri
49	NAVANEETHAN M	NAVA Needha
50	NAVEEN P	Navneen.
51	NAVEEN KUMAR B	veen
52	NIRAIMATHI J	Nirajitha
53	NOWSATH ALI A. N	Ali
54	PANDI SELVAM R	PANDI
55	PANDIYARAJAN S	eri
56	PARTHIBAN S	Parthiban
57	POOJA BAMI M	bala
58	POOVARASI M	Poorani
59	PRASSANNA P	Prassanna
60	PRAVEEN R	Praveen
61	PRITHVI RAJ P G	Prithvi
62	PUGAZHENTHI P	Pugazhenthi
63	RAKSHANA P	Rakshana.
64	RAMESH KUMAR R	Ramesh
65	RANJITH VASAN R	Ranjith.