



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

Phone : 0451 – 2448800 – 99 (100 Lines)

Fax: 0451 – 2448855

Email : ssmiedgl@gmail.com

Website : www.ssmiet.ac.in

C.No.130/SSMIET/2023

Date: 17.06.2023

CIRCULAR

On 21.06.2023, a yoga awareness program is organized by the NSS, YRC and WEC of SSMIET in association with Pirai InfoTech, Coimbatore for celebrating International Yoga day. Interested first –year students, teaching faculty and non – teaching faculty can fill the Google Form on or before

9.06.2023. For further details, contact Dr.R.Satheesh babu , AP/Maths , or Mrs.S.Hemalatha , AP/math.

Program Details

Date, Day: 21.06.2023, Wednesday

Time: 10.00am

Google form link: <https://forms.gle/SxAJtUqztS8WkLah6>

Venue: Auditorium (Above college mess)


PRINCIPAL

Copy to: ED for kind information

Administrative Officer 

HoD's

AUTO


CIVIL

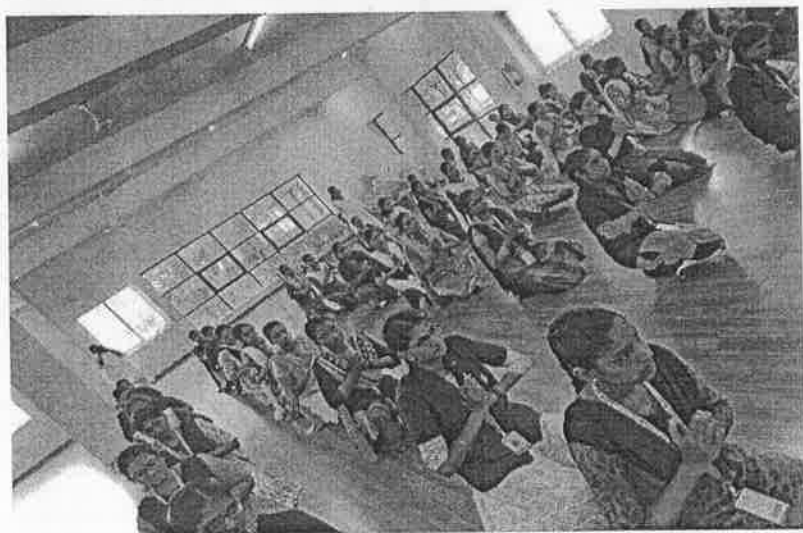
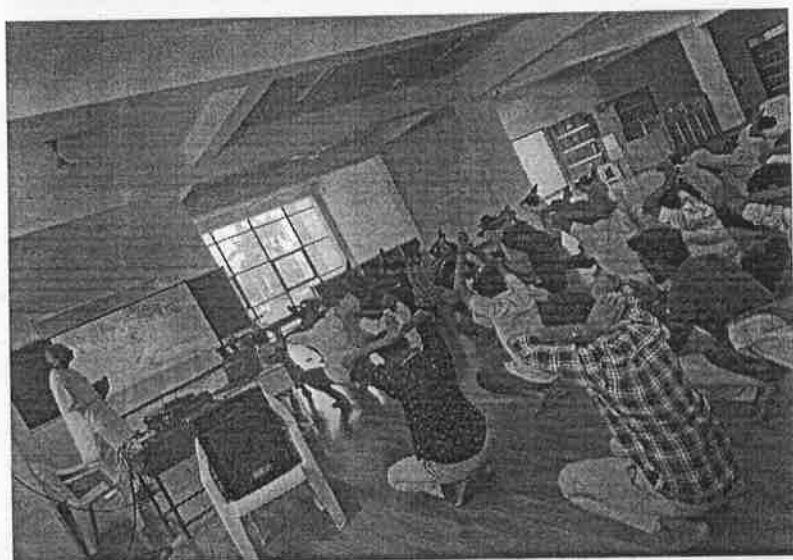
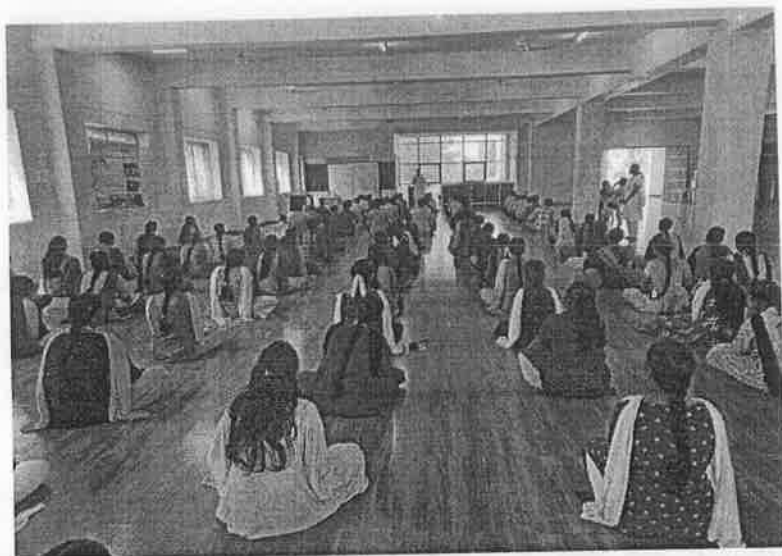

CSE


ECE

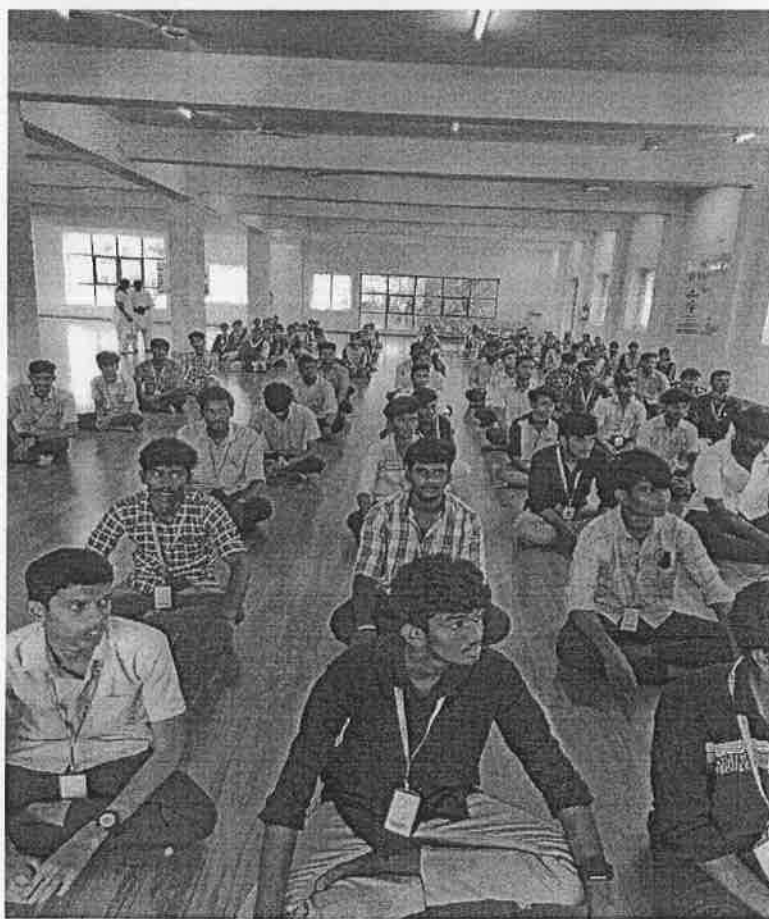

EEE

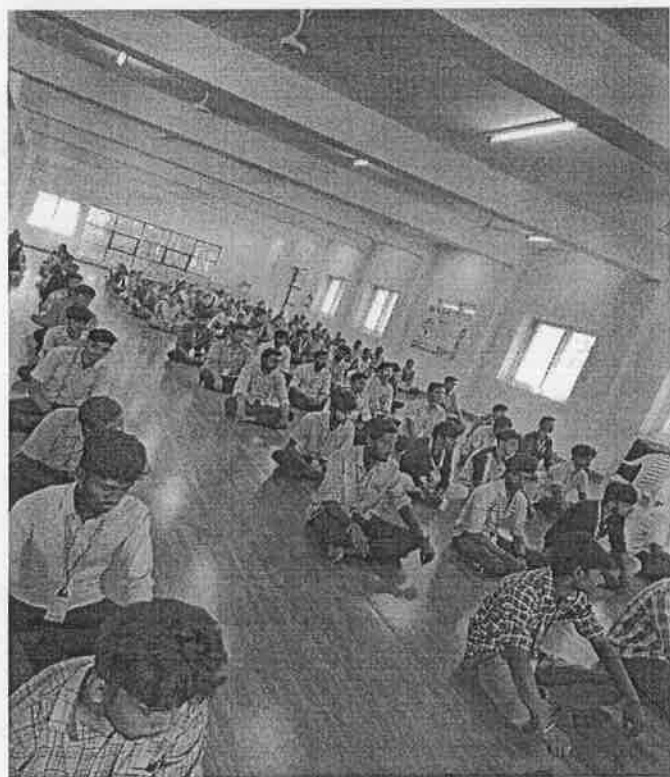

Mech

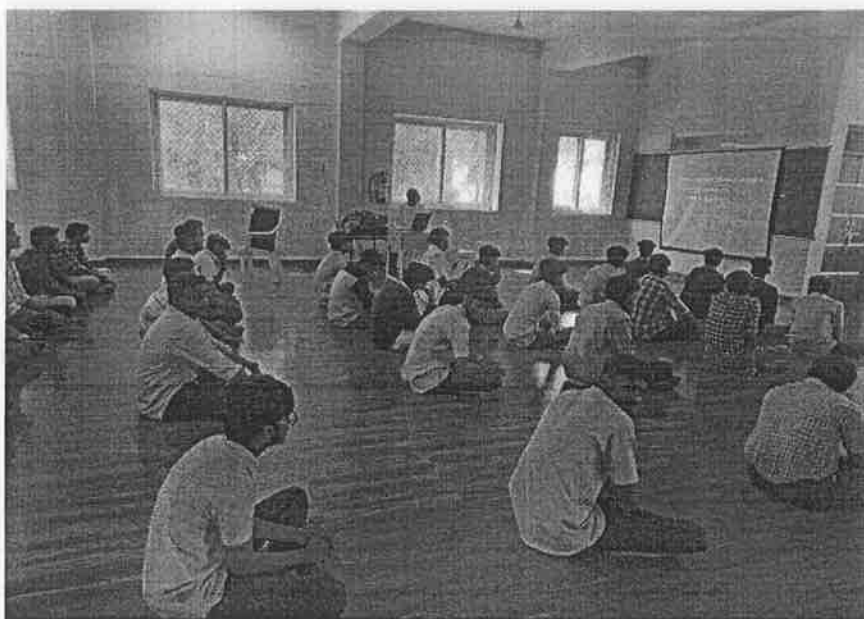

S&H



(Report)







221

BE.CSE

NAME

I BTech.CSBS / AIDS / B.E.CSE

SIGN

Jk. Vijaya Raghavi

1. J.K. Vijaya Raghavi.

J. Divya

2. Divya Dhanashini, J.

D.R. Winfred

3. D.R. Winfred Reji

Y. Sri Swetha.

4. Y. Sri Swetha

J. Teevitha.

5. J. Teevitha.

M. Rohini

6. M. Rohini

M. Santhiya priya

7. M. Santhiya priya

N. Sudevi

8. N. Surnuthiradevi

V. Sakthi

9. V. Sakthi varshini

G. Susmitha

10. G. Susmitha

S.G. Subbulakshmi

11. S.G. Subbulakshmi

X. Saimica Infant

12. X. Saimica Infant

B. Rithika

13. B. Rithika

M. Siva Bharathi

14. M. Siva Bharathi

R. Sarvatha

15. R. Sarvatha

V. Hirithiha

16. V. Hirithiha

M. Kiruba

17. M. Kiruba

K. Lakshana

18. K. Lakshana

J. Sakitiya Dhanani

19. J. Sakitiya Dhanani

R. Jinu Mistika

20. R. Jinu Mistika

S. Priscilla Ruby

21. S. Priscilla Ruby

22. B. Praveena
23. C. Jeya Sree
24. S. Priyanka Sathya Mary.
25. P. Jeya Shri
26. S. Reshma
27. R. Rakshana
28. B. Koushika
29. M. Dhinyashree
30. M. Jenat Caroline
31. N. Abinaya Shri
32. S. Abichellam
33. M. Bhuvaneshwari
34. D. Phanalakshmi
35. Abisambhar K

B. Praveena

C. Jeya Sree

S. Priyanka

P. Jeya

Reshma

Rakshana

B. Koushika

M. D.

M. Jenat Caroline

N. Abinaya Shri

S. Abichellam

Bhuvaneshwari

D. Phanalakshmi

K. Abisambhar

BE-CSE

Bala Vishnu - J. Balavishnu

Harish Raj. A. J. - ~~Harish~~

Jeena - A. Jey

Harish kumaran - B. Harish kumaran

Pravin. M - P. V. M

Raja Pandi. K - Raja Pandi

J. Akhayaadharshan - J. Akhayaadharshan

P. Gokul Pandi - P. Gokul Pandi

B. Sai - B. Sai

V. Sakthi Hariharan - V. Sakthi Hariharan

V. Sarathy - V. Sarathy

T. Harrison - T. Harrison

P. Gurusoorthy - P. Gurusoorthy

G. Sathish varthick - G. Sathish varthick

M. Sangeetha - M. Sangeetha

R. Sundharashwaran. - R. Sundharashwaran.

S. SIVASIBI - S. SIVASIBI

R. Tamilselvan - R. Tamilselvan

Mohammad Banoil - Mohammad Banoil

B. Tech - AIDS / CSBS

| S.NO | NAME | SIGNATURE |
|------|---------------------|---------------------|
| 1. | Baakiyalakshmi. J | J. Baakiyalakshmi |
| 2. | Gayathiri. G | Absent |
| 3. | Harshini. E | E. Harshini |
| 4. | Lavanya. D.K | D.K. Lavanya. |
| 5. | Nancy Rose. c | N. Rose |
| 6. | Nisha. V | V. Nisha |
| 7. | Poorani. R | R. Poorani |
| 8. | Pranarabha. S | S.T. Pranarabha |
| 9. | Priya Tharsini. G.P | G.P. Priya Tharsini |
| 10. | Ramana. S | R. S. |
| 11. | Sathana. G.M | G.M. Sathana |
| 12. | Sherin Nishara. S | S. Sherin Nishara. |
| 13. | Varsha. M | M. Varsha |
| 14. | Vino Pabiyana. L | L. V. Pabiyana |
| 15. | Aaysha Sithicka. M | M. Aaysha Sithicka |
| 16. | Dhanachellam. K.D | Dhanachellam K.D. |
| 17. | Divyaprathe. K | K. Divyaprathe |
| 18. | Iswaria. P | P. Iswaria |
| 19. | Kavishree. S | S. Kavishree |
| 20. | Kaviya Lakshmi. K | M. Kaviya |
| 21. | Madhumitha. V | V. Madhu |

| | | |
|-----|---------------------------------|--------------------|
| 22. | Nikitha. A | A. Nikitha. |
| 23. | Priya dharani. J | J. Priya Dharani |
| 24. | Priyadharshini. M | Abse or f |
| 25. | Rathiboomika. B | B. Rathiboomika |
| 26. | Rexi. B | B. Rexi |
| 27. | Rofina. A | Rofina |
| 28. | Senthamizhiniya. A | A. Senthamizhiniya |
| 29. | Sivabangari. V | Sivasangari. V |
| 30. | Sorna. P | P. sorna |
| 31. | Subish Methika ⁿ . S | Subish Methika. S |

B. Tech - AIDS / CSBS

| S.NO | NAME | SIGNATURE |
|------|----------------------|--------------------|
| 1. | Deepak raj. J | Deepak |
| 2. | Dhyaneesh. S | D. Dhyaneesh |
| 3. | Gokul. B | B. Gokul |
| 4. | Mohamed Harish. Z | M. Harish |
| 5. | Mohammed Abzel. F | M. Abzel |
| 6. | Mohammed Nowfal. R | M. Nowfal |
| 7. | Nishanth. Y | N. Nishanth |
| 8. | Periasamy. P | P. Periasamy |
| 9. | Prawin Akhman. K | P. Prawin |
| 10. | Sambatkumar. M. S | S. Sambatkumar |
| 11. | Sanjay. A | Absent |
| 12. | Sridhar. S | S. Sridhar |
| 13. | Suthi Artyan. T | T. Suthi |
| 14. | Vikram. C | C. Vikram |
| 15. | Dhanush Pandi. J | J. Dhanush |
| 16. | Dhyanesh Pandi. S | S. Dhyanesh |
| 17. | Gopala Krishnan. S | S. Gopala Krishnan |
| 18. | Haritharan. A | A. Haritharan |
| 19. | Jensen Deniel Raj. S | Absent |
| 20. | Mohanahariram. S | S. Mohanahariram |
| 21. | Monish Babu. V. M | M. Monish Babu |

| | | | |
|-----|-------------------|--------------------|--|
| 22. | Ramprasanth. S | <u>Ramprasanth</u> | |
| 23. | Ravin kumar. K | <u>R. Ravin</u> | |
| 24. | Sathya Vasagan. E | Absent | |
| 25. | Tharunprasath. A | Absent | |



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

YOGA CLASS (Report)

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 fro 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 practises Yoganamskar and nadi suddhi pratice for 36 mints. 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.

Principal's Signature

Coordinator

R. Satheesh Babu, AP/Maths

S. Hemalatha, AP/Maths

S. Kavitha, AP/Maths