

## 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 Yoga awareness programme to nearby school on 26.06.2021 -reg.

As the Coordinator of YRC, I request your permission for an event. I would like to conduct a yoga awareness programme for the welfare of the school students. It is to present the appeal of initiating a yoga awareness programme in the nearby school. Many students will benefit and it will be a positive step in concern for the well-being and physical health of the students.

Thank you.

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

Date: 23.06.21

Place: Dindigul.



**Program Co - Ordinator:**

Mrs. S. Hemalatha, AP/ Mathematics

Yours faithfully,

**Principal**

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



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul- Palani Highway, Dindigul - 624 002.

### Yoga awareness programme

**Date: 26.06.21**

**Venue: Ground**

Youth Red Cross of SSM Institute of Engineering and Technology, Dindigul in association with Isha volunteer organized a Yoga awareness programme on 26<sup>th</sup> June 2021, 09.00AM to 11.00AM in the ground at Govt. Hr. Sec. School, Konur. Nearly, 67 students participated in it.

Program conducted by Swami Thapomula from Isha, Cbe and accompanied by two members. The programme was started formally by YRC coordinator S. Hemalatha, AP / Maths. After that, Swami Thapomula delivered the speech extolling the importance of yoga. He started the class by giving warm up exercises and games. This programme was conducted for the students which will be a trigger a whole new way of enhancing themselves.

He created an awareness on the care of their own health and that of others. Understanding and acceptance of civic responsibilities and acting accordingly with humanitarian concern, to fulfill the same. To enable the growth and development of, spirit of service and sense of duty with dedication and devotion in the minds of youth. To foster better friendly relationship with all, without any discrimination. He explained that yoga in daily life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. This gives the space to connect with loved ones and maintain socially healthy relationships. Finally, he says that, if we are healthy then we are in touch with our inner Self, with others and our surroundings on a much deeper level, which adds to our spiritual health. The session ended with the Vote of thanks.

Program Co-ordinator:

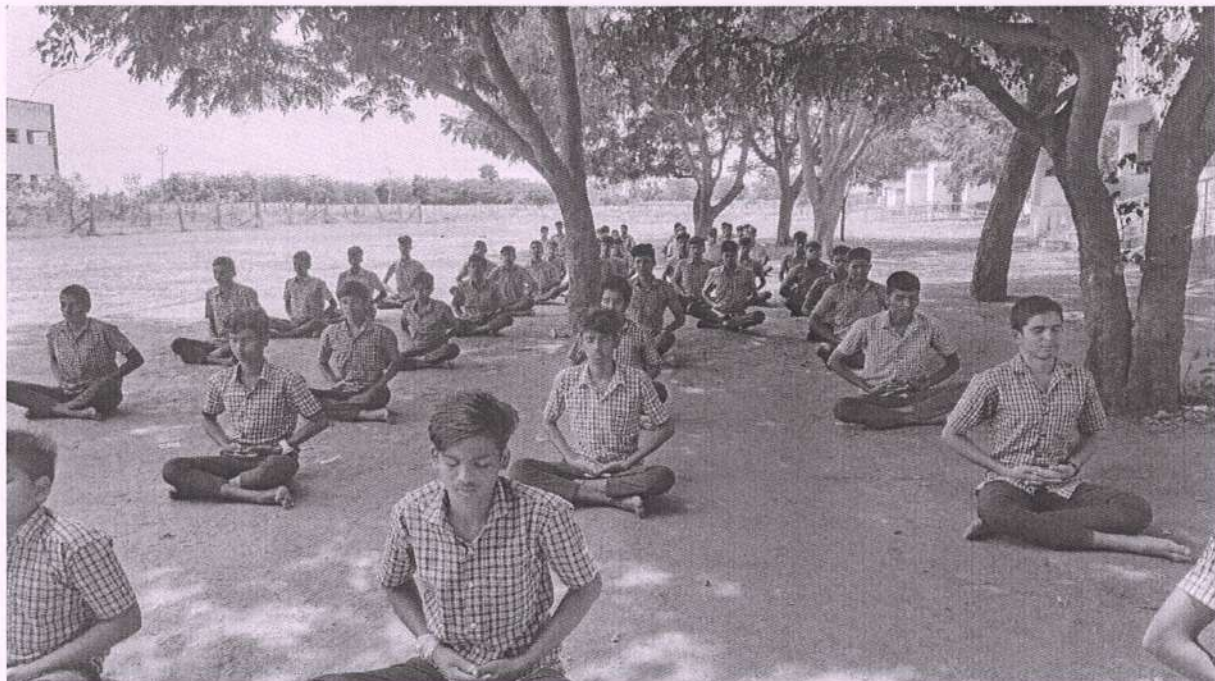
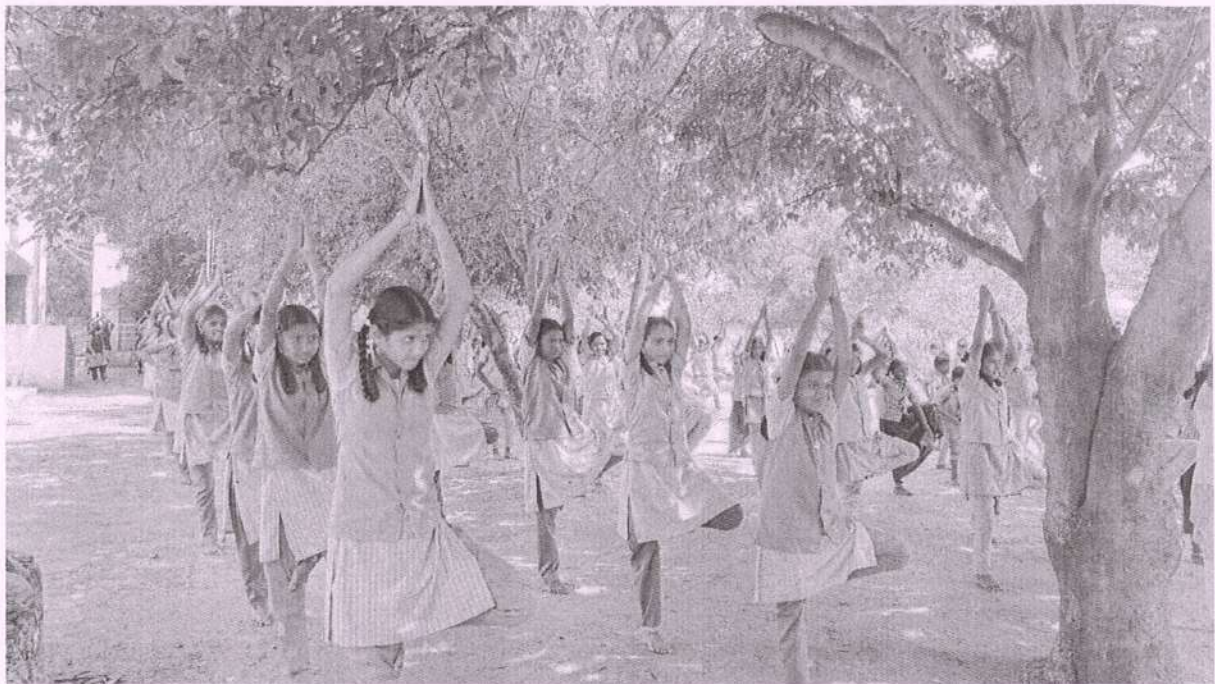
Mrs. S. Hemalatha, AP/Maths

PRINCIPAL

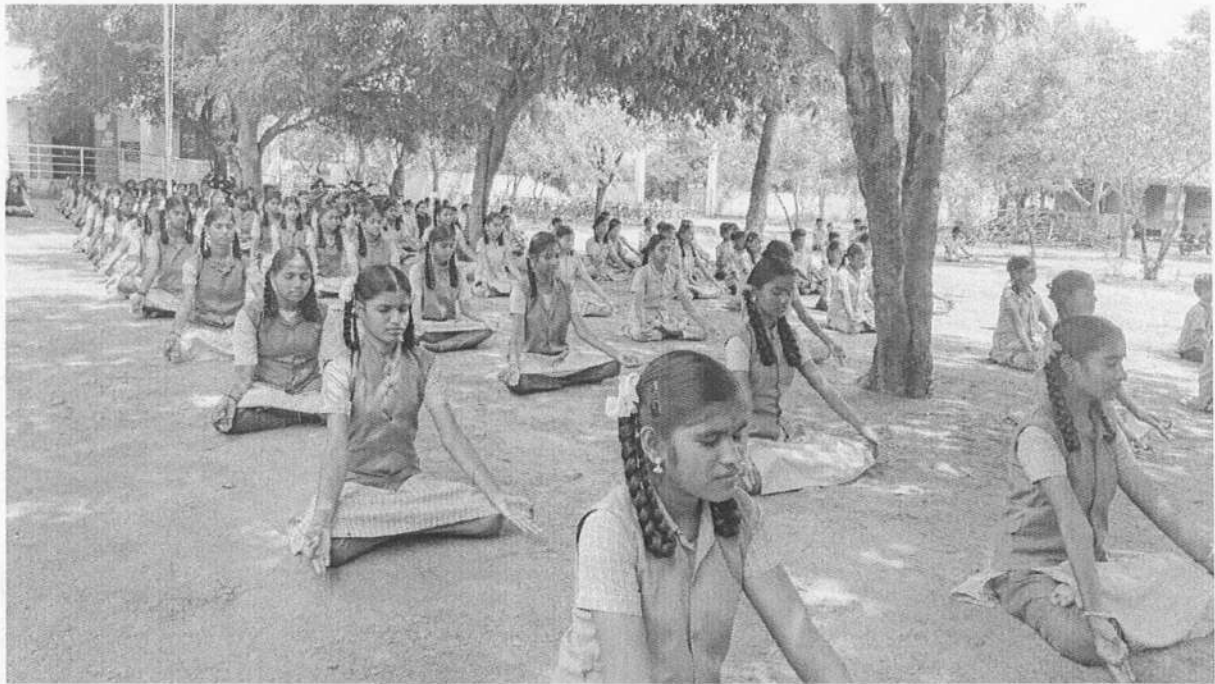
Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (NUS)  
Principal  
SSM Institute of Engineering and Technology  
Kuttathupatti Village, Sindalagundu (Po),  
Palani Road, Dindigul - 624 002.



## Yoga awareness programme



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



**Govt. Hr. Sec. School students, Konur**

*Handwritten signature or initials.*





## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

### Participants List (IX Standard)

| Sl.No | Name                 | Signature        |
|-------|----------------------|------------------|
| 1     | AAKASH R             | Aakash           |
| 2     | ABESHEIK MAJESTY L   | Abesheik         |
| 3     | ABINASH R            | Abinash          |
| 4     | AJITH KUMAR R        | Ajith Kumar      |
| 5     | AKASH A              | Aakash           |
| 6     | AMIR FAIZAL M        | Amir Faizal      |
| 7     | BOSCO DENI R C       | Bosco Deni       |
| 8     | DEERAVIKRAMAN C K    | Deeravikraman    |
| 9     | DINESH S             | Dinesh           |
| 10    | DINESH KUMAR R       | Dinesh           |
| 11    | GANESAN T            | Ganesan          |
| 12    | GOPIKRISHNAN R       | Gopikrishnan     |
| 13    | JALALDEEN J          | Jalaldeen        |
| 14    | JANAKI RAMAN S       | Janaki Raman     |
| 15    | JESTIN JAYAKUMAR V   | Jestin Jayakumar |
| 16    | JEYAKKAMALESH B A    | Jeyakkamalesh    |
| 17    | JEYA PRAKASH B       | Jeya Prakash     |
| 18    | JOHN MOSES SANDREZ J | John Moses       |
| 19    | KAMALAKANNAN V       | Kamalakannan     |
| 20    | LOGESH D             | Logesh D         |
| 21    | MALATHI T            | Malathi          |
| 22    | MANIKANDAN C         | Manikandan       |
| 23    | MANIKANDAPRABU G     | Manikandaprabu   |
| 24    | MANIVENKATESH S      | Manivenkatesh    |
| 25    | MARUTHA MUTHU G      | Marutha Muthu    |
| 26    | MOHAMED FAZIL S      | Mohamed Fazil    |
| 27    | MOHAMEDSAMEER M      | Mohamed Sameer   |
| 28    | MOHANLAL S           | Mohanlal         |
| 29    | NAGENTHIRAN N        | Nagenthiran      |
| 30    | NAVEEN I             | Naveen           |
| 31    | NITHISH KANNA I      | Nithish Kanna    |

| Sl.No | Name              | Signature       |
|-------|-------------------|-----------------|
| 32    | MOHANA PRIYA R    | R. Must         |
| 33    | REVENTH KUMAR L   | L. Revanth      |
| 34    | ROBINSON K        | Robn. K         |
| 35    | SABAPATHI M       | Sankar. m       |
| 36    | SANGEERANI KAMU M | Sangeetha. m    |
| 37    | SANGHAVI T        | Sunt. S.        |
| 38    | SARANYA S         | Saranya. S      |
| 39    | SATHYARAJ P       | Sathya. P.      |
| 40    | SELVAGANAPATHY C  | Selvagany. C    |
| 41    | SHANKAR A         | Shankar. A      |
| 42    | SHARMILA DEVI M   | Sharmila. M     |
| 43    | SHARMILA K        | Sharmila. K     |
| 44    | SIVA RAMA S       | Siva Rama. S    |
| 45    | SIVA SHANKAR V    | Siva Shankar. V |
| 46    | SRI VITHYA S      | Sri Vithya. S   |
| 47    | SUBASH C          | Subash. C       |
| 48    | SUBASHINI B       | Subashini. B    |
| 49    | SUDHAKAR P        | Sudha. P        |
| 50    | SUGADEV S         | Sugadev. S      |
| 51    | SURIYA PRABHA S   | Suriya. S       |
| 52    | SURYAKUMAR P      | Surya. P        |
| 53    | SWATHI I          | Swathi. I       |
| 54    | TAMIL SELVAN M    | Tamil. M        |
| 55    | THAMARAI SELVI N  | Thamarai. N     |
| 56    | USHA PRIYA K      | Usha. K         |
| 57    | VIGNESH PANDIAN R | Vignesh. R      |
| 58    | VIGNESHWARAN S    | Vignesh. S      |
| 59    | VIJASRI D         | Vijasri. D      |
| 60    | VIJAYASHRI M      | Vijayashri. M   |
| 61    | VIMALA G          | Vimala. G       |
| 62    | VINIL KUMAR M     | Vinil. M        |
| 63    | KARTHICK RAJA S   | Karthick. S     |
| 64    | KARTHICK B        | Karthick. B     |
| 65    | KARTHIKSHARAN P   | Karthik. P      |
| 66    | KOTEESWARAN B     | Koteswar. B     |
| 67    | KUPPUSAMY G       | Kuppasa. G      |