

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 25.06.2022 -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: ST. Francis Xavier HSS, Kuttathuavarampatti, Dindigul.

Date: 22.06.22

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: 25.06.22

Venue: Seminar Hall

Youth Red Cross of SSM Institute of Engineering and Technology, Dindigul in association with Isha volunteer organized a Yoga awareness programme on 25th June 2022, 11.00AM to 1.00PM in the seminar hall at ST. Francis Xavier HSS, Kuttathuavarampatti, Dindigul. Nearly, 62 students participated in it.

Program conducted by Swami Thapomula fro 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 listed down the benefits of practicing Patanjali Yoga Sutra and deliberated in detail the ten chapters of Patanjali Yoga Sutra - Discipline of Yoga, Honoring the Practice, Samadhi, who is God, Overcoming Obstacles, Steadiness in Samadhi, Kriya Yoga, The Veils of Misery, Eliminating the Cause of Pain and The Eight Limbs of Yoga. The resource person made the session lively through the practical demonstration of yoga asanas like Bhramari Pranayama, Nadhi shodhana and body exercises. The session ended with the Vote of thanks.

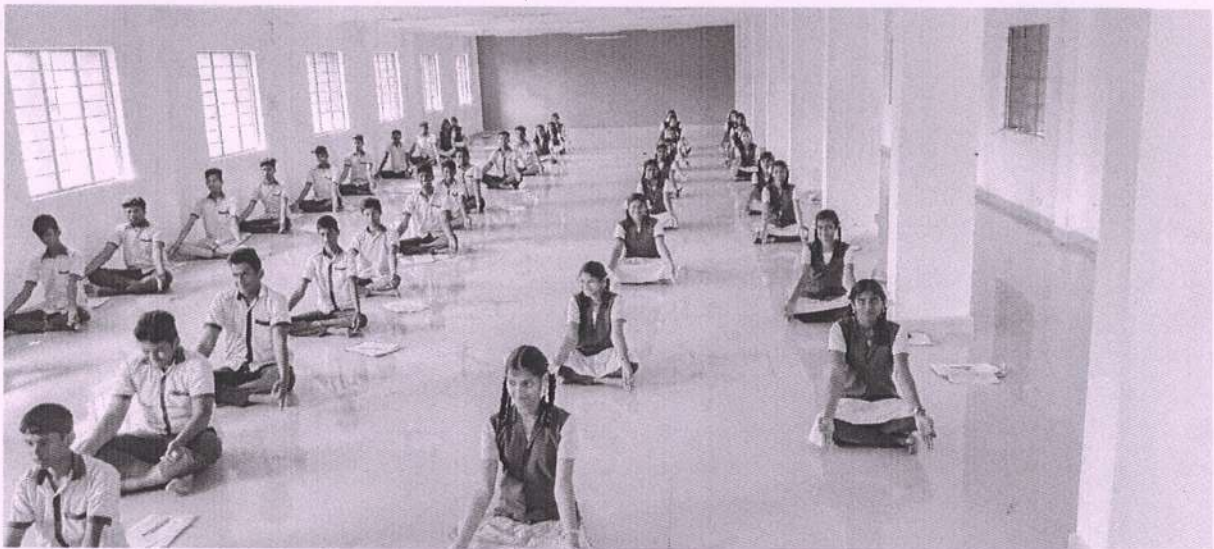
Program Co-Ordinator:
Mrs. S. Hemalatha, AP/Maths



PRINCIPAL

Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal

SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindalagundu (Po),
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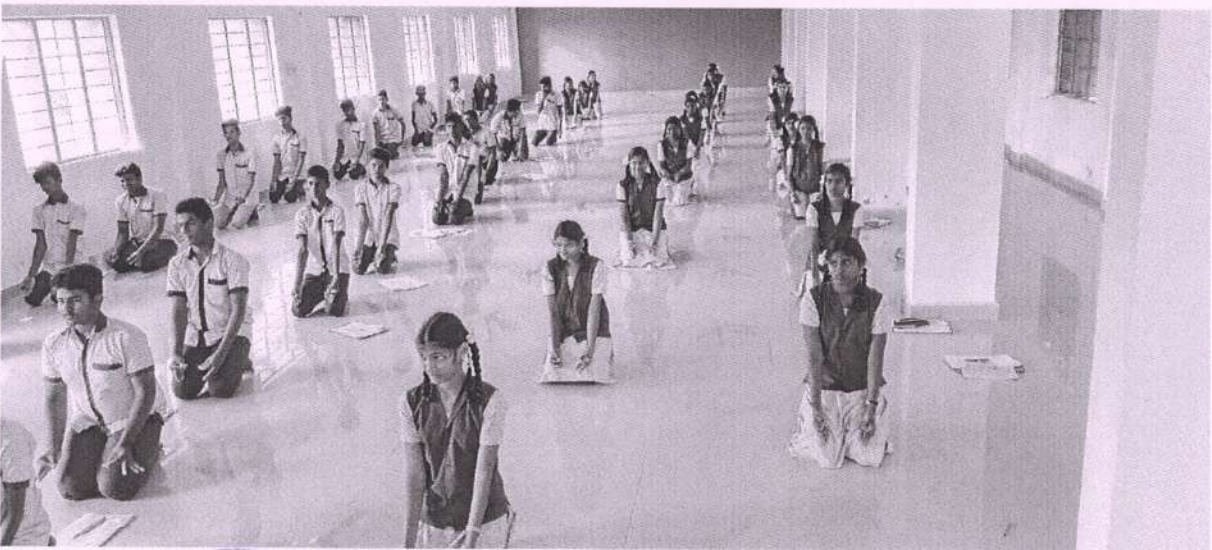



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Yoga awareness programme

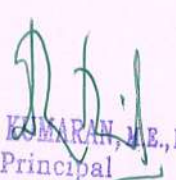



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ST. Francis Xavier HSS Students, Kuttathuavarampatti, Dindigul




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SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

Participants List (XI Standard)

Sl.No	Name	Signature
1	ARAVINDHAN M	
2	BHUVANA RAJA M	
3	CHANDRA R	
4	DEEPTHI THEJASVI E	
5	DHANUSIYA V S	
6	FAHIMA RIZWANA K	
7	GAYATHRI R S	
8	GOKUL S	
9	HARI PRASAD M	
10	HINDUJA M	
11	INDHUMATHI M	
12	JANANI M	
13	JANANI	
14	JAYA PRIYA G	
15	JEGAN	
16	JOAQUIN RAJ S	
17	JOTHIKA M	
18	KEERTHIKA R	
19	KIRTHIKA K	
20	KIRUBHA SHREE V	
21	KRISHNA	
22	KRISHNA SREE K	
23	LIVIN IRUTHAYA RAJ T	
24	LOYOLA L	
25	MARI VIGNESH R	
26	NAGAMANI N	
27	NANDHINI S	
28	NANDHINI T	
29	NAVEENDRAN S	
30	NAVEEN KUMAR K	
31	OVIYA V	

Sl.No	Name	Signature
32	POORNA KUMAR R	Poorna Kumar
33	PRADEEPA R	P. Pradeepa
34	PRATHIBA M	Prathiba
35	PRIYADHARSHINI V	Priyadharshini
36	PUNITH BABU M	M. Punith Babu
37	RISHI SIRUNKAR K	Rishi Sirunkar K
38	SAJIHARINIKAS	S. Saji Harinika
39	SAMRITHA ATCHAYA S	Samritha Atchaya S
40	SARANYA S	S. Saranya
41	SARAVANAN B	B. Saravanan
42	SHERLINE SNEHA M	Sherline sneha M
43	SHREEVATHSAN N S R	Shreevathsan n s r
44	SRIVANI S	S. Srivani
45	SRUTHI K	K. Sruthi
46	SUDHAN M	Sudhan
47	SURIYA KUMAR V	Suriya kumar V
48	THARUNSHANKAR S	Tharunshankar
49	VIGNESH R	Vignesh
50	VIJAY G	G. Vijay
51	VIJAYA SUBHA G	Vijaya subha
52	YOGALAKSHMI B	Yogalakshmi
53	NAVEEN KUMAR V	Naveen Kumar
54	POORNA KUMAR R	P. Poorna Kumar
55	PRADEEPA R	Pradeepa
56	PRATHIBA M	M. Prathiba
57	PRIYADHARSHINI	Priyadharshini
58	PUNITH BABU M	Punith Babu
59	RISHI SIRUNKAR K	Rishi Sirunkar
60	SAJIHARINIKAS	Saji Harinika
61	SAMRITHA ATCHAYA S	SAMRITHA ATCHAYA
62	SARANYA S	Saranya