



**ANAND INSTITUTE OF HIGHER TECHNOLOGY**

**KAZHIPATTUR – 603 103**

**YOGA CLUB**

Ref: AIHT/YC /2019-2020/

Date: 15.07.2019

From,

The Convener,  
Yoga cell  
Anand Institute of Higher Technology  
Chennai –603103

To,

The Principal,  
Anand Institute of Higher Technology,  
Chennai – 603103.

Respected Sir/Madam,

Sub: Requisition letter to conduct the Yoga and Meditation program for 1 year  
Students - Reg

As an initiative to the student's welfare, it has been decided to conduct the "MANAVALAKALAI MANDRAM - KAYAKALPA" Yoga & Meditation session to all first students by yoga cell on 08.08.2019. So I request you to grant the permission for successful implementation of the session.

*M. S. S.*  
Convener

Copy to

1. The Secretary
2. The Principal

2019-20



ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR - 603 103

YOGA CLUB

Ref: AIHT/YC /2019-2020 /C1

Date: 20.07.2019

Circular

The YOGA Cell committee meeting will be held on 24.07.2019 at 11.00 am in the Conference hall. All the committee members are requested to attend the meeting.

Agenda:

1. To discuss about the conduct of Kayakalpa Yoga & Meditation
2. To assign the roles and responsibilities.
3. To pass the information to the students.

*Murthy*  
Convener

Copy to

1. The Secretary
2. The Principal
3. Head of the Departments
4. Class Coordinators
5. Department notice Board
6. To be read in all classes



# ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR - 603 103

## YOGA CLUB

MEETING ATTENDANCE (08.08.2019)

| S. No. | Name of Faculty    | Designation    | Signature |
|--------|--------------------|----------------|-----------|
| 1      | Mr.Nagarajan       | Convener       |           |
| 2      | Mrs.Sumithra Devi  | Coordinator    |           |
| 3      | L.Ramya Ram Prasad | Faculty Member |           |
| 4      | Suresh             | President      |           |
| 5      | ParamaGuru         | Vice President |           |
| 6      | Athulya Mishra     | Student Member |           |
| 7      | Hari Pradeep       | Student Member |           |
| 8      | Dinesh Kumar       | Student Member |           |
| 9      | Karthika           | Student Member |           |
| 10     | Revathi            | Student Member |           |



# ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR – 603 103

## YOGA CLUB

### Minutes of Meeting

Ref: AIHT/YC /2019-2020/MM1

Date: 24.07.2019

Meeting of the Yoga Cell committee was held on 24.07.2019 at 11.00 am in the Conference hall. The following members have attended the same.

| S. No. | Name of Faculty    | Designation    |
|--------|--------------------|----------------|
| 1      | Mr.Nagarajan       | Convener       |
| 2      | Mrs.Sumithra Devi  | Coordinator    |
| 3      | L.Ramya Ram Prasad | Faculty Member |
| 4      | Suresh             | President      |
| 5      | ParamaGuru         | Vice President |
| 6      | Athulya Mishra     | Student Member |
| 7      | Hari Pradeep       | Student Member |
| 8      | Dinesh Kumar       | Student Member |
| 9      | Karthika           | Student Member |
| 10     | Revathi            | Student Member |

#### Points Discussed:

- The Convener welcomed the gathering
- The coordinator reviewed the progress of the previous meeting
- Discussed about the Kayakalpa Yoga & Meditation to be conducted 08.08.2019. The various roles and responsibilities are assigned to the committee members for the conduction of the program.
- Instructed to inform all the students about the program.
- Discussed about comfortable and quiet space, roll out mat and other necessary items.
- Discussed with the committee members to make the arrangement
- The meeting ended with vote of thanks.

*Mandhi*  
Convener



## ANAND INSTITUTE OF HIGHER TECHNOLOGY

KAZHIPATTUR – 603 103

### YOGA CLUB

#### REPORT ON KAYAKALPA YOGA & MEDITATION (2019-2020)

Venue : Main Auditorium  
Title : Kayakalpa Yoga & Meditation  
Speaker : Leela Sister  
Date : 24.07.2019

Anand Institute of Higher Technology joined hands with Manavalakalaimandram members to organize Kayakalpa Yoga classes for all B.E/B. Tech and MBA students. The main aim of this session was to recognize how stress can be effectively managed in different ways. They develop sustained attention to observe their thoughts and emotions without identifying themselves with them, observing the adaptive and non-adaptive content as soon they appear in the mind. As a result, it helped to reduce the tendencies which charge these non-adaptive thoughts and emotions. The session was thus valuable for both faculty members and students. Along with dignitaries Dr. S. Arivalagi, Secretary, AIHT, Principal, faculty members were present on this occasion.

Kayakalpa has a threefold objective

- Maintaining youthfulness and physical health.
- Resisting and slowing down the aging process.
- Postponing death until one reaches spiritual perfection.

#### BENEFITS OF KAYAKALPA

- Kayakalpa slows down the ageing process and extends the normal life span
- It boosts immune system to prevent infections and diseases
- It helps to correct unhealthy habits and transforms lifestyle
- It brings emotional calmness and spiritual satisfaction.
- It also involves physical activity, which helps to maintain weight.

Initially, Kayakalpa Yoga & Meditation committee members conducted an introduction on meditation. The students were regularized by both the committee members and our faculty

members. The session was enhanced to be prolific for stress reduction and emotional wellness. Later they discussed on the benefits of meditation and how it will be stable in our chaotic mind. In a word the session was very tranquil.

The tabulation below encloses the name list of students participated in the program.

**ANAND INSTITUTE OF HIGHER TECHNOLOGY, KAZHIPATTUR**

**CHENNAI - 603 103**

| S.NO | STUDENTS NAME     | DEPARTMENT | ATTENDANCE    |
|------|-------------------|------------|---------------|
| 1    | ANJALI.L          | III MECH   | Anjali.L      |
| 2    | ARPUTHAUMARIYAL.A | I CSE      | Arputha.A     |
| 3    | ASWINI.J          | I CSE      | Aswini-j      |
| 4    | BENICYKA.D        | I CSE      | Beni-D.       |
| 5    | GOKUL SANJEEV.V   | I CSE      | Gokul.V       |
| 6    | GOMATHY.P         | I CSE      | Gomathy.P     |
| 7    | HARIHARAN.B       | I CSE      | Hari-B.       |
| 8    | HARIHARAN.K       | I CSE      | Hari.K        |
| 9    | HARINIPRIYA.K     | I CSE      | HariniPriya   |
| 10   | HARISH M.R.       | I CSE      | Harish        |
| 11   | HEMANTH KUMAR.A   | I CSE      | Hemant.A.     |
| 12   | INDHU.S           | I CSE      | S. Indhu      |
| 13   | JAI KAMESH.S      | I CSE      | Jai Kamesh.S. |
| 14   | JAYASAKTHI.P      | I CSE      | Jayasakthi.P  |
| 15   | KAROLIN MARGRAT.M | I CSE      | Karolin.M.    |
| 16   | KRITHIKA.A        | I CSE      | Krithika.A    |

|    |                  |          |                |
|----|------------------|----------|----------------|
| 17 | MANOJITHA. M     | I CSE    | Manojitha      |
| 18 | MEHANTHA         | I IT     | Mehanthi       |
| 19 | MOHANA PRIYA.P   | I IT     | Mohan          |
| 20 | POOJA.N          | I IT     | Pooja          |
| 21 | POORANI.V        | I IT     | Poorani. V     |
| 22 | RAHUL.M          | I IT     | Rahul. V       |
| 23 | RISHIBA.D        | I IT     | Rishaba        |
| 24 | SHANMUGA PRIYA.T | I IT     | Shanmuga Priya |
| 25 | SNEGA.M          | I IT     | Sneha          |
| 26 | SOUNDARYA.G      | I IT     | Soundarya. G   |
| 27 | SUBISHA.T        | I CSE    | Subisha        |
| 28 | SWATHI.S         | I CSE    | Swathi. S      |
| 29 | VAISHNAVI.S      | I CSE    | Vaishnavi      |
| 30 | VARSHINI.V       | I CSE    | Varshini       |
| 31 | YASMIN.T         | I IT     | Yasmin         |
| 32 | MONISHA.M        | II CSE   | Monisha        |
| 33 | MOUNIKA.V        | II CSE   | Mounika. V     |
| 34 | NANDHA KUMAR.S   | II CSE   | Nandha Kumar   |
| 35 | NARAAYANAN.T     | II CSE   | Narayanan. T   |
| 36 | NEELRAJ.S        | II IT    | Neelraj. S     |
| 37 | NOKITHA.V.M      | III MECH | Nokitha        |
| 38 | PAVITHRA.V       | III MECH | Pavithra       |
| 39 | PAYEELAVAN.D.P   | III MECH | Payeelavan     |
| 40 | PONRAJ.A         | III MECH | Ponraj         |

|    |                    |          |                    |
|----|--------------------|----------|--------------------|
| 41 | POOJA E            | III MECH | Pooja E            |
| 42 | PRATHIBA S         | III MECH | Prathiba           |
| 43 | PREAM KUMAR D      | III MECH | Pream Kumar        |
| 44 | PRIYADHARSHINI C   | III CSE  | Priyadharshini     |
| 45 | PRIYADHARSHINI R   | III CSE  | Priyadharshini     |
| 46 | RAGUL K            | III CSE  | Ragul K            |
| 47 | RAHUL D            | III ECE  | Rahul D            |
| 48 | RAJESH D           | III ECE  | Rajesh D           |
| 49 | RAMKUMAR G M       | IV IT    | Ram Kumar G M      |
| 50 | RANJITH KUMAR V    | IV IT    | Ranjith Kumar V    |
| 51 | RASHIKA S          | IV ECE   | Rashika S          |
| 52 | RASIKA S           | IV IT    | Rasika S           |
| 53 | RICHARD NICHOLAS M | IV ECE   | Richard Nicholas M |
| 54 | ROSHINI M          | IV ECE   | Roshini M          |
| 55 | SABESHWARAN R      | IV ECE   | Sabeshwaran R      |
| 56 | SANJAY RAHUL P     | IV ECE   | Sanjay Rahul P     |
| 57 | SANTHOSH KUMAR P   | IV ECE   | Santhosh Kumar P   |
| 58 | SARAN V            | IV ECE   | Saran V            |
| 59 | SARUMATHI S        | IV ECE   | Sarumathi S        |
| 60 | SATHYA MOORTHY A   | IV ECE   | Sathya Moorthy A   |





# ANAND INSTITUTE OF HIGHER TECHNOLOGY

[KALASALINGAM GROUP OF INSTITUTIONS]

KALASALINGAM NAMGAR, OLD MAHABALIPURAM ROAD  
KAZHIPATTUR - 603 103

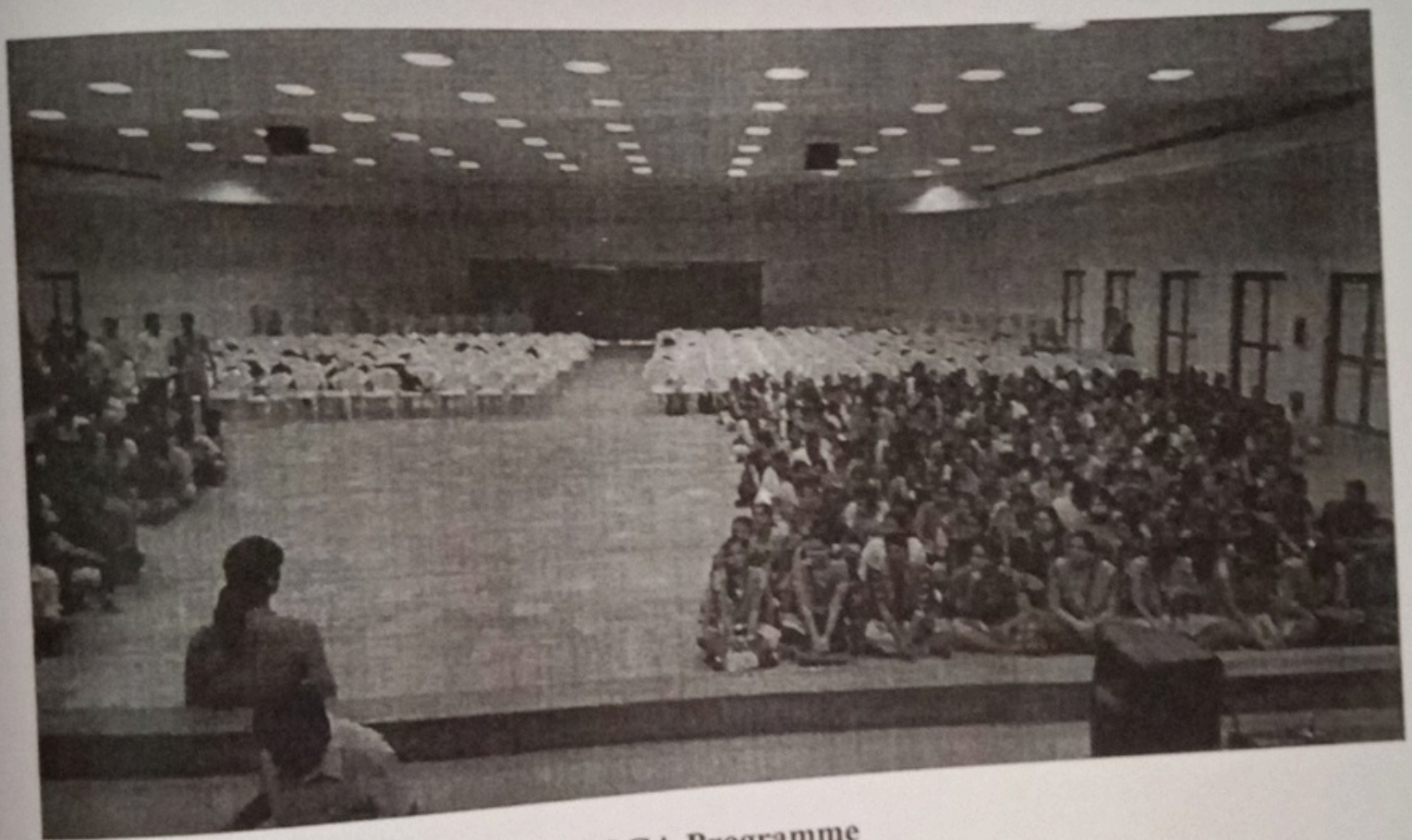


## CERTIFICATE OF PARTICIPATION

This is to certify that Mr/Ms. \_\_\_\_\_ of FIRST  
YEAR \_\_\_\_\_ has attended the "MANAVALAKALAI MANDRAM - KAYAKALPA  
YOGA & MEDITATION " on 08.08.2019 during the academic year 2019 - 2020.

*M. S. H. Di*  
CO ORDINATOR

*[Signature]*  
PRINCIPAL



Students Participating the YOGA Programme