



HINDUSTHAN INSTITUTE OF TECHNOLOGY



HITECH YOGA & MEDITATION CLUB

Report on

INTERNATIONAL YOGA DAY-2023

Date: 21.06.2023



Organized by

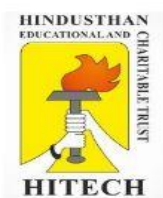
HITECH YOGA & MEDITATION CLUB

Dr. R. Sivakumar
Coordinator

Dr.S.Jeyabharathi
Chairman

Dr.C.Natarajan
Principal

Invitation



HINDUSTHAN INSTITUTE OF TECHNOLOGY

(AN AUTONOMOUS INSTITUTION)

Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai,
Accredited by NBA and NAAC with 'A' Grade, Coimbatore - 32



DEPARTMENT OF SCIENCE & HUMANITIES & YOGA & MEDITATION CLUB



Cordially invite you all for

INTERNATIONAL DAY OF YOGA 2023

Chief Guest



MR. R. KRISHNA KUMAR

(Volunteer with Isha Foundation, since 2011)

Associate Professor

Department of EEE

PSG College of Technology

Coimbatore



DATE

21.06.2023

TIME

10.00 AM

VENUE

NILA HALL

CO-ORDINATOR

Dr. R. Sivakumar
AP / Chemistry

CONVENER

Dr. S. Jeyabharathi
HoD/ S&H

PATRON

Dr. C. Natarajan
Principal



HINDUSTHAN INSTITUTE OF TECHNOLOGY

HITECH YOGA & MEDITATION CLUB

INTERNATIONAL YOGA DAY-2023

Date: 21.06.2023

AGENDA

10.00 AM

Welcome Address

Dr.S. Jeyabharathi

Professor &

Head-Department of Science and Humanities

10.05 AM

Presidential Address

Dr.C.Natarajan,

Principal,

Hindusthan Institute of Technology

Introduction to Chief Guest

10.15 AM

Address by the chief Guest

Mr. R.Krishnakumar.

Volunteer

Isha Yoga center

Coimbatore

11.15 AM

Vote of Thanks

Mr.Arshad Khan, Student Coordinator (First year).



HINDUSTHAN INSTITUTE OF TECHNOLOGY

**COIMBATORE -641032
(An Autonomous Institution)**

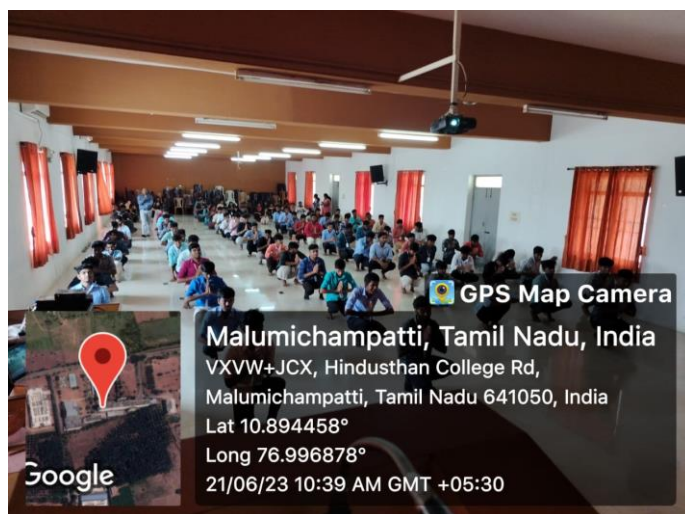
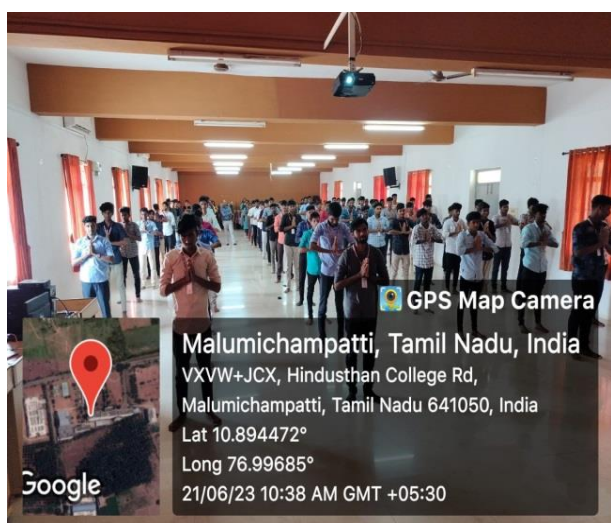


Report on Yoga Day Programme

Hindusthan Institute of Technology Yoga & meditation club and Department of Science and Humanities jointly organized Yoga programme on 21st June 2023 in the Nila hall. Yoga brings peace, harmony, happiness and success to every soul in the world. It is a mental, physical and spiritual that needs to be carried every day.

The programme started at 10am with the welcome address by Dr.S.Jeyabharathi/ HOD (Dept of Science and humanities) and presidential address by Dr. C.Natarajan, Principal, HITECH.





special address was given by Mr. R.Krishnakumar, (Volunteer, Isha Yoga Center) Associate Professor, Dept of EEE, PSG College of Technology, Coimbatore. Dr.R.Sivakumar, Associate Professor (Chemistry) was the Co-ordinator of the programme. The students performed Yoga from 10.15 am to 11.15am. Different yoga postures like pranayama, Yoga namaskaram, etc was taught by Mr. R.Krishnakumar. The prayers were recited before and after the programme. The programme ended at 11.20 am and the vote of thanks was given by Mr.Arshad Khan, Student Coordinator (First year).

Feedback from Participants:

The following feedback and suggestions were received from the participants

- The most impressive thing was all are enjoyed the Yoga classes that were led by Yoga masters, which really inspired all the students. The masters shared their knowledge in a systematic and interactive manner.
- The Master is very patient and extremely professional.
- The activities done was really good and heart touching.

- The club members are requested to make these types of activities in huge manner.
- The awareness of Yoga and meditation club activities is to be made among all the students.

Outcomes:

- Each soul can be refreshed daily basis and also be purified in their physical and mental
- The benefits of Yoga is tremendous for one's healthy life
- practicing yoga daily gives us the relief from stress, depression, hypertension and so on
- Representing our mother nature is the duly duty of every human being those who are being human and it can be proved by doing Yoga.



Dr. R. Sivakumar
Coordinators



Dr.S.Jeyabharathi
Chairman



Dr.C.Natarajan
Principal