



**COIMBATORE INSTITUTE OF TECHNOLOGY**

(Government Aided Autonomous Institution & Affiliated By Anna University)



## **YOGA CLUB**



## **EVENT REPORT**

**2024 – 2025**

**CLUB MOTO :**

“ BOOST YOURSELF WITH THE UNDERSTANDING OF CHAKRAS.”

**MISSION:**

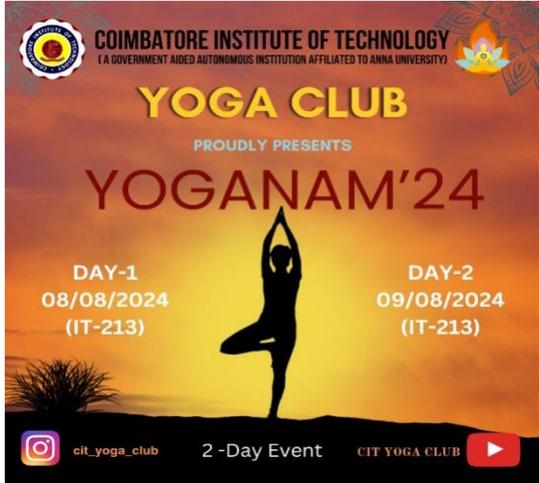
Our mission is to create a welcoming space for students to explore and practice yoga, fostering a sense of community, well-being, and personal growth. The club aims to Organizing events, workshops, and guest lectures to deepen knowledge about yoga, meditation, and holistic health practices.

**VISSION:**

Our mission is to create a welcoming space for students to explore and practice yoga, fostering a sense of community, well-being, and personal growth.

**COIMBATORE INSTITUTE OF TECHNOLOGY**  
 (Government Aided Autonomous Institution  
 Affiliated to Anna University)  
**COIMBATORE – 641 014**

Name of the club: **YOGA CLUB**

Programme Title:	International Yoga day and Fitness Day 2024
Date:	8.08.2024 and 9.08.2024
Time:	Day 1: 5:00 PM to 7:00 PM Day 2: 9:30 AM to 12:00 PM
Venue:	IT 213
Mode:	OFFLINE and ONLINE events
No. of Participants:	Day 1: 90 Day 2: 50
Short report of programme:	<p>In celebration of International Yoga Day, our college organized a vibrant and enlightening event on 9<sup>th</sup> August that brought together students, faculty, and staff in the spirit of unity, health, and wellness. Recognized globally on June 21st, International Yoga Day emphasizes the ancient practice of yoga as a powerful tool for mental, physical, and spiritual well-being.</p> 

Short report of programme

This event, held in the college premises, was a reflection of our commitment to fostering holistic development among our community members. With participants from various departments, the event aimed to not only educate attendees on the benefits of yoga but also to inspire them to incorporate this practice into their daily



lives.

**Photography and Meme:** The participants have uploaded their photographic pictures and memes.



Short report of the programme:



**Yoga contest:** Participants showcased their mastery of asanas and mindfulness techniques, embodying the essence of yoga through their grace and discipline.



**Music/Instrument Contest:** Talented musicians filled the air with soothing melodies, creating a serene atmosphere that resonated with the spirit of yoga.

In celebration of International Yoga Day, our college organized a vibrant and enlightening event on 9<sup>th</sup> August. The event took place at a grandvenue, and it was graced by esteemed dignitaries. The dignitary present was Mr.Parameswaran (chiefguest) yoga instructor

from Yaakkai yoga center joined the event. The ceremony commenced at 9:30 a.m. and it began



on a serene note with a soulful prayersong.

Welcoming the gathering in a pleasant way adds colour to the event. A warm welcome address was presented by Sri hari, Joint Secretary of Yogaclub, CIT followed by chief guest speech.



Short report of the programme:

A special training session was conducted by the yoga trainer Mr.Puvaneswaran, providing attendees with insights and practical knowledge on yoga practices.



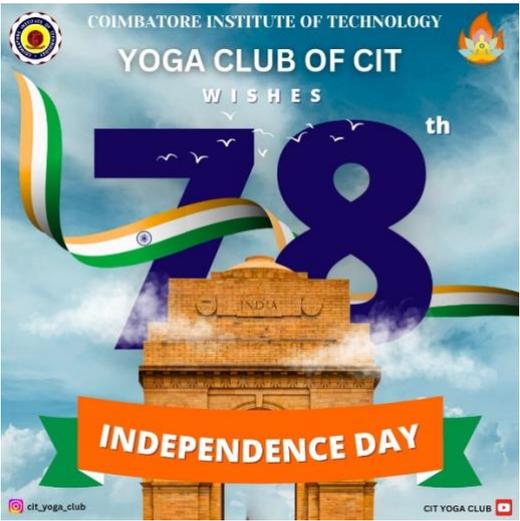
Short report of the programme:



# COIMBATORE INSTITUTE OF TECHNOLOGY

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COIMBATORE – 641 014

Name of the club: **YOGA CLUB**

Programme Title:	78th Independence day
Date and Time:	15.08.2024 ; 9:15 -10:05 AM
Venue:	Infront of Auditorium
Mode:	OFFLINE
Short Report of programme:	 <p><b>"A nation's culture resides in the hearts and in the soul of its people." – Mahatma Gandhi</b></p> 

The 78<sup>th</sup> Independence Day celebration begin with Flag Hoisting .The event showcased a blend of solo and group performances by skilled yoga practitioners, highlighting the beauty and benefits of yoga..



**GROUP PERFORMANCE :**

The session began with group performances demonstrated synchronized movements, partner yoga techniques, and themed sequences focused on unity and harmony. Following this, a solo performance featuring advanced poses and fluid transitions, emphasizing strength, balance, and mindfulness.

**GROUP PERFORMANCE :**

A group yoga performance by our club proud yogis Gayathri, Priyadharshini, Abinesh, Sri Hari, Dharun Prakash and Sudeep was delivered with synchronising the posing with the music.



**SOLO PERFORMANCE :**

Followed by, a solo performance was delivered by our secretary Vaishnavi.



Highlights included a dynamic flow routine by a group of five practitioners and a serene closing solo meditation with accompanying live music. The performances not only captivated the audience but also inspired them to embrace yoga as a path to physical and mental well-being.



Feedback from attendees was overwhelmingly positive, with many expressing a desire for similar events in the future.

## COIMBATORE INSTITUTE OF TECHNOLOGY

(Government Aided Autonomous Institution

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COIMBATORE – 641 014

Name of the club: **YOGA CLUB**

Programme Title:	Yoga Club Inauguration 2k24
Date and Time:	29.08.2024 and 5:30 PM
Venue	IT-213
No. of participants	40
Details of guests:	Dr.S.Shanmuga Oriya
Short Report of programme:	<div data-bbox="678 703 1356 1260">A promotional poster for the Yoga Club Inauguration. At the top, it features the Coimbatore Institute of Technology logo on the left and a traditional oil lamp on the right. The text reads 'COIMBATORE INSTITUTE OF TECHNOLOGY (A GOVERNMENT AIDED AUTONOMOUS INSTITUTION AFFILIATED TO ANNA UNIVERSITY)'. Below this, 'YOGA CLUB' is written in large, bold, black letters, followed by 'Proudly Invites to Our' in a smaller font. The main event title 'GRAND INAUGURATION' is prominently displayed in the center in large, bold, black letters, with 'GRAND' in a golden-yellow color. The background is a soft, watercolor-style green and blue wash. A silhouette of a person in a yoga pose is centered over the wash. At the bottom, the event details are listed: 'Date: 29/08/2024', 'Venue: IT-213', and 'Time: 5:30pm'. Social media handles 'cit_yoga_club' and 'CIT YOGA CLUB' are also present.</div> <p>The inauguration of the Yoga Club at Coimbatore Institute of Technology was a resounding success, marked by enthusiasm and a shared commitment to wellness. The event commenced with a serene prayer song, setting a tranquil tone for the proceedings</p> <p><b>Staffadviseraddress</b></p> <p>The staff adviser of the Yoga Club delivered an insightful and inspiring address, delving into the profound significance of yoga. She spoke passionately about how yoga not only enhances physical fitness but also fosters mental clarity and emotional balance. By sharing personal anecdotes and scientific insights, she emphasized the transformative power of yoga in promoting overall well-being and encouraged all</p>

attendees to incorporate yoga into their daily routines for a



healthier, more balanced life.

**YOGA PERFORMACES:**





# COIMBATORE INSTITUTE OF TECHNOLOGY

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COIMBATORE – 641 014

Name of the club: **YOGA CLUB**

Programme Title:	Collaboration with EBSB for cultural night
Date and Time:	05.11.2024 at 4:30 PM
Venue	Auditorium
No. of participants	100
Mode	Offline
Short Report of programme:	<p>The Yoga Club of Coimbatore Institute of Technology presented a mesmerizing performance at the Ek Bharat Shreshtha Bharat (EBSB) Cultural night event.</p>  <p>Fig.1.1 yoga performance</p> <p>The performance showcased the club's dedication to promoting physical and mental well-being through the yoga. The club's performance was a testament to the dedication and hardwork of the club members. The club's participation in the event added grace and a sense of calm to the cultural celebrations, making it a memorable evening for all.</p>



Fig.1.2 yoga performance

# COIMBATORE INSTITUTE OF TECHNOLOGY

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**COIMBATORE – 641 014**

Name of the club: **YOGA CLUB**

Programme Title:	Collaboration with KKC for Kalam Thiruvizha
Date and Time:	07.11.2024 at 5:30 PM
Venue	IT 203
No. of participants	50
Mode	Offline
Short Report of programme:	<p>Three offline fun events were conducted for the participants of five different groups. Based on the performance of the participants scores for individuals and team marks were awarded. The games conducted are:</p> <ul style="list-style-type: none"><li>• Guess the movie</li><li>• Mindful Match</li><li>• Stick it to the pattern</li></ul> <p>Games Description:</p> <p><b>1.Mindful match</b>-The Memory Match event is an engaging and interactive game designed to enhance participants' cognitive skills, memory, and concentration. In this event, players are presented with a set of cards featuring various yoga poses, each placed face down. Participants take turns flipping over one card at a time, aiming to find matching pairs of poses. The objective is to remember the location of the previously revealed cards and match them correctly. This fun and competitive activity not only promotes mental agility and focus but also fosters an appreciation for yoga and its benefits.</p>



**2. Stick it to the pattern-**In this activity, players are presented with a series of matchstick patterns displayed on cards/chart. Participants will work individually to analyze the given patterns and manipulate the matchsticks to match the shapes accurately.



**3. Guess the Movie-** Related pictures as a clue were given to find the movie name



## COIMBATORE INSTITUTE OF TECHNOLOGY

(Government Aided Autonomous Institution Affiliated to Anna University)

COIMBATORE-641 014

Name of the Club: **YOGA CLUB**

Programme Title:	Republic Day Performance
Date and Time:	26.01.2025 at 8.00 AM
No.of Participants:	100((approx.)
Mode:	Offline
Short report of programme:	<p>On the auspicious occasion of Republic Day, the Yoga Club had the honor of presenting a vibrant and inspiring performance as part of the celebrations. The event showcased the essence of physical discipline, harmony, and cultural pride through two distinct sets of yoga performances.</p>  <p>Club members performed a series of foundational postures followed by a series of advanced asanas, demonstrating not only their flexibility and balance but also their dedication to the practice. The audience witnessed a graceful flow of poses such as Mayurasana (Peacock Pose), Chakrasana (Wheel Pose), and Sirsasana (Headstand), symbolizing control, perseverance, and inner strength.</p> <p>The second segment of the performance was a rhythmic yoga display, where asanas were performed in sync with energetic music. This unique combination of movement and rhythm captivated the audience and brought a refreshing dynamic to traditional yoga. The flow included sequences coordinated with beats, making the performance lively and engaging.</p>

This modern approach to yoga served to bridge tradition with innovation, illustrating how yoga can adapt and appeal to all generations.



The audience responded with enthusiastic applause and appreciation, acknowledging the effort, discipline, and creativity of the Yoga Club members.

The Yoga Club remains committed to promoting physical and mental well-being through regular practice and participation in such events. The Republic Day performance was a proud moment for all participants and a testament to the club's dedication and teamwork.



# COIMBATORE INSTITUTE OF TECHNOLOGY

(Government Aided Autonomous Institution Affiliated to Anna University)

COIMBATORE – 641 014

Name of the club: **YOGA CLUB**

Programme Title:	COLLAB WITH MUTHAMIZH MANDRAM FOR URIYAR PIRARKU EVENT
Date and Time:	6/04/2025 and 10.00 am to 4.00 am
Venue	M-311
No. of participants	80
Details of guests:	----
Short Report of programme:	<p>“Uriyar Pirarku” once again brought immense joy and liveliness to our campus as children from various orphanages gathered for a memorable day filled with warmth and fun. The Yoga Club thoughtfully organized a series of engaging games, including Thread and Ball Balancing, Stick and Cup Tower, Arivu Galatta, and Mindful Match.</p> 

Thread and Ball Balancing required careful coordination and teamwork, as participants skillfully guided a ball using threads, promoting patience and collaboration. Stick and Cup Tower sparked creativity and focus, where children built tall, balanced structures with simple materials, bringing out their imagination and problem-solving skills. Arivu Galatta offered a playful twist to learning, as children participated in quiz rounds and brain teasers that challenged their knowledge and thinking abilities. Mindful Match was a calm yet engaging activity that tested their memory and attention, encouraging mindfulness through a fun matching challenge.

Each of these activities not only entertained the children but also created a space for learning, bonding, and shared happiness, making the event a heartwarming experience for everyone involved.





**COIMBATORE INSTITUTE OF TECHNOLOGY**  
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## **YOGA CLUB**



**EVENT  
REPORT  
2023– 2024**

# INTERNATIONAL YOGA DAY AND FITNESS DAY - 2023

COIMBATORE INSTITUTE OF TECHNOLOGY

**COIMBATORE INSTITUTE OF TECHNOLOGY**  
(An Autonomous Institution affiliated to Anna University - 641014)

**FIT INDIA**

JOINTLY PRESENTS

**INTERNATIONAL  
YOGA & FITNESS DAY**

*"Yoga is the journey of the self, to  
self, through self."*

**A REFRESHING SESSION  
ON YOGA**

**21ST JUNE, 2023**

**TIMING: 8 A.M. - 12:30 P.M.**

**VENUE: LBCH**

**REFRESHMENTS AND  
E-CERTIFICATES WILL BE  
PROVIDED FOR PARTICIPANTS**

**MRS. SUMATHI  
BUVANEESWARAN  
YOGA INSTRUCTOR  
REAL AGE YOGA**

**CONTACT**

<b>MRS ASHA</b> ASSISTANT PROFESSOR +91 98858 32247	<b>DR SHANMUGAPRIYA</b> ASSOCIATE PROFESSOR +91 96007 71668	<b>DR MARIMUTHU</b> ASSISTANT PROFESSOR +91 98940 62167	<b>MR MURALI</b> ASSISTANT PROFESSOR +91 97781 54382
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**“The nature of yoga is to shine the light of awareness into the darkest corners of the body.”**

On June 21st, the Coimbatore Institute of Technology reverberated with energy and enthusiasm as the Yoga Club and Fit India club of CIT joined forces to celebrate Yoga and Fitness Day. This remarkable event aimed to promote holistic well-being and inspire individuals to embrace a healthy lifestyle. With a myriad of activities ranging from invigorating yoga sessions to engaging fitness challenges, the day served as a catalyst for physical, mental, and spiritual rejuvenation. Students, faculty, and staff came together to experience the transformative power of yoga, fostering unity and harmony. The event was a testament to CIT's commitment to nurturing a culture of wellness and vitality among its vibrant community.

- Coimbatore Institute of Technology envisioned celebrating Yoga Day with a vibrant array of competitions in exploring creativity through drawing, slogans, essays, silhouettes, and dance.
- The slogan competition encourages participants to craft compelling and thought-provoking phrases that resonate with the spirit of yoga.
- The essay competition invites students to articulate their insights on the transformative power of yoga in a written form.
- The silhouette competition challenges participants to showcase their grace and flexibility through captivating yoga poses.
- The dance competition infuses energy and rhythm, blending the art of dance with the ancient practice of yoga.
- These diverse competitions offer an opportunity for students to showcase their talent and embrace the holistic benefits of yoga, fostering a sense of creativity, mindfulness, and wellbeing.

S.NO.	DATE	PRE-EVENTS
01.	15.06.23	Dance it out – Dance Competition
02.	19.06.23	a) Slogan Competition b) Drawing Competition c) Silhouette Competition(online)
03.	20.06.23	Essay Writing, Fitness Competition


**COIMBATORE INSTITUTE OF TECHNOLOGY**  
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&  **FIT INDIA**  
 Presents

# Drawing Competition!!!

**Themes:**  
 #The Art of Wellness  
 #Let's Breathe the Colours...

**Date:** 19 June  
**Timing:** 4:30-5:30 PM  
**Venue:** EG HALL - M337

Winners will be Awarded  
 E-Certificates will be provided for Participants

**Incharge**  
 Bharath Kumar R B.Tech AI&DS 8610288436  
 Vikash Vardhan S B.Tech AI&DS 8667075411



SCAN QR TO JOIN GROUP


**COIMBATORE INSTITUTE OF TECHNOLOGY**  
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&  **FIT INDIA**  
 Presents

# Yoga Day

## ESSAY COMPETITION

### MAKETH THY W'RLD

**JUNE 20 | 9:30 - 4:30 | TUESDAY**  
**VENUE : M-337 (EG HALL)**  
 Any topics related to Yoga  
**FREE REGISTRATION**

**CONTACT**  
 Haripriya ECE  
 9843805121  
 haripriya.ecg@cit.ac.in  
 haripriya.ecg@gmail.com  
 haripriya.ecg@cit.ac.in  
 haripriya.ecg@gmail.com  
 Haripriya ECE  
 9843805121  
 haripriya.ecg@cit.ac.in




**Coimbatore Institute of Technology**  
 (An Autonomous Institution affiliated to Anna University - 641024)

&  **FIT INDIA**  
 Presents

# YOGA CLUB AND FIT INDIA CLUB OF CIT

## FITNESS COMPETITION

- Lets Get Stronger -

**Push Ups**  
**Arm Wrestling**  
**Hocus Focus**

**Date:** 20/06/23  
**Venue:** LBCH

Winners will be awarded with a certificate

**INCHARGE**  
 Moses Silvanus B.Tech Chemical Engineering  
 Nitheesh kumar.T B.Tech Engineering  
 Diwagar.R S B.Tech Chemical Engineering

FOR MORE DETAILS CONTACT : +91 79048 47722


**COIMBATORE INSTITUTE OF TECHNOLOGY**  
 (An Autonomous Institution affiliated to Anna University - 641024)

&  **FIT INDIA**  
 Presents

# SILHOUETTE EVENT

**Yoga Is A Skill In Action!!!**  
**DATE: 17-18 JUNE | MODE: ONLINE**

CERTIFICATE IS WILL BE PROVIDED FOR WINNERS  
 E-CERTIFICATES WILL BE PROVIDED FOR ALL PARTICIPANTS

**INCHARGE**  
 DIWAGAR RS B.TECH CHEMICAL 6381496277  
 SHAKTHI NANDAN P B.TECH AI&DS 7010016974



SCAN QR TO JOIN GROUP

**COIMBATORE INSTITUTE OF TECHNOLOGY**  
 (An Autonomous Institution affiliated to Anna University - 641024)

**FIT INDIA CLUB**  
 PRESENTS

# DANCE IT OUT

Never miss a chance to dance!!

**STARTS AT 5PM** (2.5 HRS MAX PER DANCE)  
**WEDNESDAY 14 JUNE 2023**  
**SOLO GROUP (MAX 6 PEOPLE)**

**NO REGISTRATION FEE**  
 ON THE SPOT PARTICIPATION AVAILABLE.


**COIMBATORE INSTITUTE OF TECHNOLOGY**  
 (An autonomous institution affiliated to Anna University)

&  **FIT INDIA**  
 Jointly presents

# CATCH THE SLOGAN !!

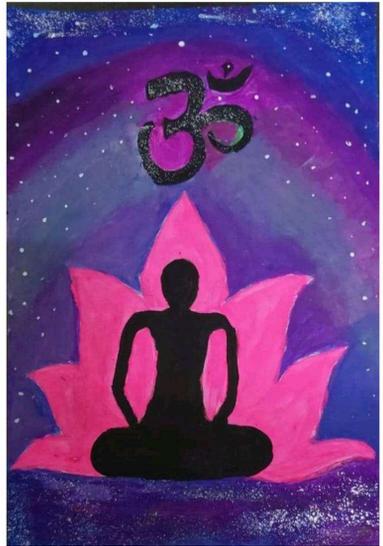
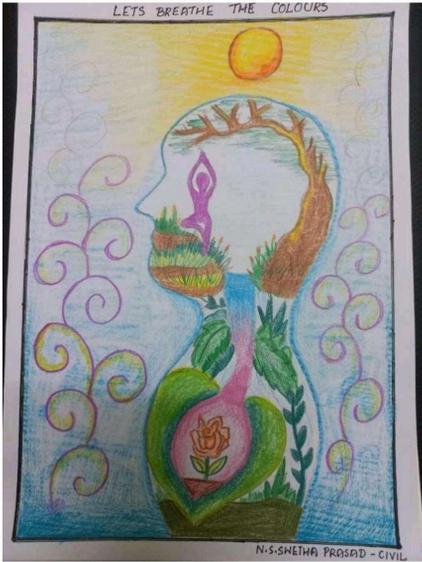
A Slogan competition exclusively for freshers.

**Theme: Yoga and Fitness**  
 (Winners will be provided with certificates)

**Venue:** M337 drawing hall  
**Date & Time:** June 19, 4:30 - 5:30pm  
**Last date for registration:** June 19

Requirement: Bring pen.

**Any queries:**  
 9843805121  
 Haripriya (ECE)



<b>S.NO.</b>	<b>EVENTS</b>	<b>TIME IN A.M.</b>
01.	Prayer song, Welcome Address Lighting the lamp by chief guests.	9:30 TO 9:45
02.	Presidential address by principal mam	9:45 TO 9:50
03.	Presenting momento to chief guest	9:50 to 9:53
04.	Prize distribution	9:53 to 10:00
05.	Silambam performance	10:00 to 10:05
06.	Chief guest introduction	10:05 to 10:10
07.	Yoga performances	10:10 to 10:30
08.	PPT on importance of yoga and fitness	10:30 to 10:38
07.	Rhythmic yoga	10:38 to 10:45
08.	Karate performance	10:45 to 10:50
09.	Break	10:50 to 11:10
10.	Practical yoga Session	11:10 to 12:20
11.	Vote of thanks and national anthem	12:20 to 12:30

On 21st June 2023, the International Yoga and Fitness Day was celebrated with great enthusiasm. The event took place at a grand venue, and it was graced by esteemed dignitaries. The dignitaries present were Dr. A. Rajeswari, principal of Coimbatore Institute of Technology, Ms.Sumathi Buvaneeswaran (chief guest) yoga instructor from real age yoga center along with Dr. Shanmugapriya and Dr. Marimuthu, club advisors of the Yoga Club of CIT and Ms.J.Asha, the Fit India Club advisor, also joined the event. The ceremony commenced at 9:30 a.m. and it began on a serene note with a soulful prayer song.



Welcoming the gathering in a pleasant way adds colour to the event. A warm welcome address was presented by Dr. Shanmugapriya, Staff advisor of Yoga club, CIT.



The dignitaries and secretaries then proceeded to light a ceremonial lamp, symbolizing the enlightenment and unity of the occasion.



Following that the Principal honored the Chief guest by presenting a small memento.



The winners of the pre-event competitions were announced. Medals and certificates were presented to them by principal and chief guest.





**An amazing silambam performance !!**



Through practice comes yoga, through yoga comes knowledge, through knowledge love and through love bliss.



Following the performances, a small PowerPoint presentation was also presented about importance of yoga and fitness.



Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul that create the symphony of life. A rhythmic yoga performance was also carried out.



## **An energetic karate performance !!!**



Yoga is not a work out it is a work in. And this the point of spiritual practice; to make us teachable; to open our hearts and focus our awareness so that we can know what we already are.

A refreshing yoga session was carried out by chief guest Ms. Sumathi Buvaneeswaran





Around 100 students actively participated in the session and they really enjoyed it.



Gratitude is a quality like electricity. It must be produced and discharged and used up in order to exist at all.



The Event was concluded with Vote of thanks by Ms Asha, the club advisor of FIT INDIA Club of CIT followed by the National Anthem

# YOGA CLUB

## INAUGURATION 2023 - 2024

Date	06/10/2023
Venue	LBCH
Time	5 PM to 7 PM
No of Participants	90
Event Incharge	Sivasankar M ( 2003084)
MC	Sathyapriya and Archana shree

Yoga Club Inauguration Ceremony for the Academic year 2023 - 2024 was held on 6th October 2023 and the ceremony started at 5 PM. This inauguration was held in Library Block Conference Hall (LBCH) in the presence of staff advisor Mr. Marimuthu sir. The welcome address is given by Sudeesh. Lighting a lamp before a ceremony spreads divine grace. The lamp also shows everyone who is present how to rise upwards and dispel darkness... Following the welcome address, Lighting the lamp by staff advisor.



Then staff advisor Mr.Marimuthu gave an introduction of yoga and importance of yoga in daily life. The an energetic yoga performance is given by yoga club members. Atfirst Surya Namaskaram is given by 12 students.



Then group yoga performance is given by 8 students. They form 10 yoga formations on stage.

The letter YOGA is also performed with yoga poses by 4 students of the yoga club.



Then Rhythmic yoga performance is given by 3 students. They perform for the Siva thandavam song and their steps are awesome with this song.

Then prize distribution for online events is given by staff advisors.



Following the Yoga Performance, Board members for the academic year are announced with video and the yoga club logo is recreated.

S.NO	Roll No	Name	Year of Study
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Secretary

1	2003084	Sivasankar M	IV
2	2004064	Dhivya Srimathi K	IV

Treasurer

1	2003090	Surenthar S	IV
2	2001056	Asvika A M	IV

Joint Secretary

1	71762101013	Gokul R	III
2	71762104112	Vaishnavi T	III

Club Advisors

1	2005077	Karthiban C M	IV
2	2003066	Keethapriyan K	IV
3	71762105223	Vijay S	IV

AQUA Panel Head

1	2006041	Sudeesh S	IV
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AQUA Panel Directors

1	71762104105	Sruthika K	III
2	71762104094	Samitra S	III
3	71762104060	Akalya T	III

ZEPHYR Panel Head

1	2003091	Suriya S	IV
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ZEPHYR Panel Directors

1	71762104083	Methulan V	III
2	71762104098	Sathvika I	III
3	71762104059	Abarna Vikashini N	III

BLAZE Panel Head			
1	2003071	Manoj A	IV
BLAZE Panel Directors			
1	71762104108	Thanujaa S	III
2	71762104089	Prakash G	III
3	71762104103	Sofiya Parveen A	III
TERRA Panel Head			
1	71762103226	Sudalaimuthu S	IV
TERRA Panel Directors			
1	71762204210	Pradeepa M	III
2	71762104075	Harshitha S C	III
3	71762104090	Raswanth M	III
AZURE Panel Head			
1	2004042	Varsha S	IV
AZURE Panel Directors			
1	71762101027	Nikitha M	III
2	71762104072	Giftina Roseline S N	III
3	71762104086	Monisha S	III

Finally, Vote of thanks was given by Sivasankar and he expressed his thanks to everyone who supported this event.



**If you want to shine like a sun, first burn like a sun.**  
**-A. P. J. Abdul Kalam**



# COIMBATORE INSTITUTE OF TECHNOLOGY

( Government Aided Autonomous Institution )

## YOGA CLUB



### COLLABORATION WITH NSS FOR YOGA DAY

Date & Time	27-07-2023 6:30 AM to 7:30 AM
Mode	Offline
Venue	Infront of auditorium
No. Of. Participants	50

#### ABOUT THE EVENT:

This is the event conducted by NSS in collaboration with YOGA CLUB to spread awareness about yoga routine.



## **WARM-UP:**

Incorporating a proper warm-up routine into yoga practice is essential for maximizing the benefits of yoga while minimizing the risk of injuries.

Therefore, some stretches are given before starting the session to prepare the muscles and joints and promote flexibility and mobility during the practice.



## **AASANAS DEMONSTRATION:**

During the awareness session, participants were given a demonstration of how to perform Surya Namaskaram by our club members.

Additionally, the benefits of Surya Namaskaram, such as improved flexibility, strengthened muscles, enhanced circulation, and a sense of mental clarity, were highlighted. Following Surya Namaskaram, various easy asanas were demonstrated to juniors, and their importance was taught, emphasizing benefits such as increased flexibility, improved posture, enhanced strength, and relaxation of the mind and body.





#### **FEEDBACK :**

At the end of the session, we obtain genuine feedback from the participants to facilitate the progressive growth of the club.

**“Yoga is the perfect opportunity to be curious about who you are.”**



**COIMBATORE INSTITUTE OF TECHNOLOGY**  
( Government Aided Autonomous Institution )  
**YOGA CLUB**



**DEEPAM DAY**

Date	26.11.23-27.11.23
Mode	Online
No. Of. Participants	11

**ABOUT THE EVENT:**

This event is conducted on behalf of Karthigai deepam by our YOGA CLUB through online mode.

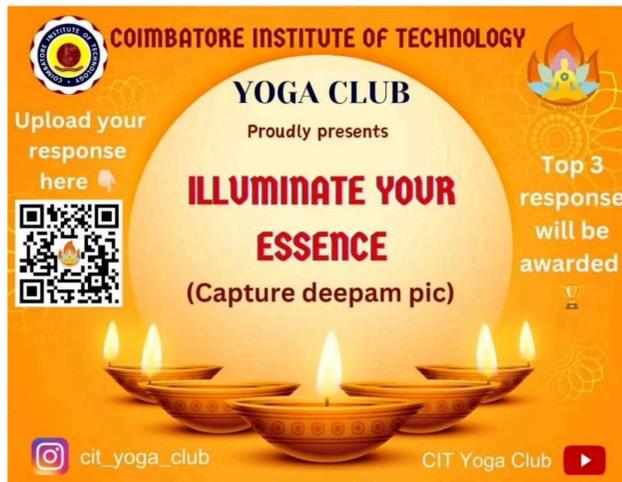


Fig 1: Deepam online event poster

## **CHERISHING THE BEAUTY OF DEEPAM:**

A **"Deepam online event"** focusing on posting instagram pictures of deepam had been conducted as competition, where participants share their creative interpretations of deepam and share their beautiful pictures of Deepam lamps, decorations.



Fig 2: response from a participant

We got totally 11 responses and they proved that "Through the lens of Deepam, every moment is a masterpiece". We selected by posting all the responses collected through drive link in official instagram page of Yoga Club of CIT.

Considering all the combination of excellence, creativity and composition we finally selected 3 participant's responses as best and we rewarded them during vibe venture event.

**"Find your inner light with our Yoga Club events, where we ignite the spirit of tranquility and wellness together."**



# COIMBATORE INSTITUTE OF TECHNOLOGY

( Government Aided Autonomous Institution )

## YOGA CLUB



### VIBE VENTURE

Date & Time	22-02-2024 & 5:30 PM to 7:30 PM
Mode	Offline
Venue	IT - 213
No. Of. Participants	70

#### ABOUT THE EVENT :

Vibe Venture is the fun event conducted by the Yoga Club to spread awareness about the importance of yoga.

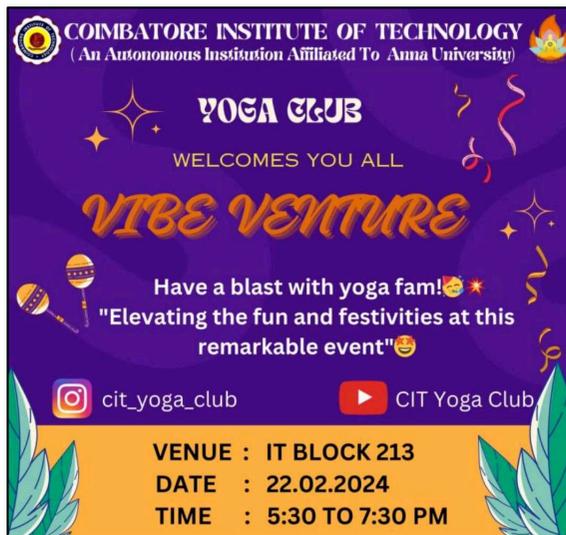


Fig 1 . Vibe Venture Event Poster

#### GUESS THE CITY NAME USING CONNECTIONS :

In the first fun event, the participants were given clues to find the city name by giving relevant images to the participants.



*Fig 2 . Guess the city name using connections*

### **SCREAMING CHICKEN BLINDFOLDED CHALLENGE :**

The participants in teams were tied with a toy and a person from the other team who is blindfolded has to find the members of the team who have tied toys in their toes.

### **DANCE PASS CHALLENGE :**

In this fun event, all the members of the team has to stand in a straight line. A member from the other team has to tell the series of dance steps to the first member standing in the straight line. The last member in the line has to repeat the steps as said by the member from the other team.

### **FLIP THE BOTTLE CHALLENGE :**

In this fun event, the participants were given a certain time and the team with maximum number of flips will be declared as winner.



*Fig 3 . Flip the bottle challenge*

## **PRESENTATION CEREMONY :**

The winners of the deepam contest conducted during Karthigai Deepam were congratulated with medals and prices.



*Fig 4 . Prize Distribution for Winners*

## **YOGA PERFORMANCE :**

Members from the yoga club performed various yoga performances and demonstrated the importance of yoga to the participants.



*Fig 5 . Group Photo*

**“Yoga is the journey of the self, through the self, to the self”**



**COIMBATORE INSTITUTE OF TECHNOLOGY**  
( Government Aided Autonomous Institution )  
**YOGA CLUB**



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**COLLAB WITH MUTHAMIZH MANDRAM FOR URIYAR  
PIRARKU EVENT**

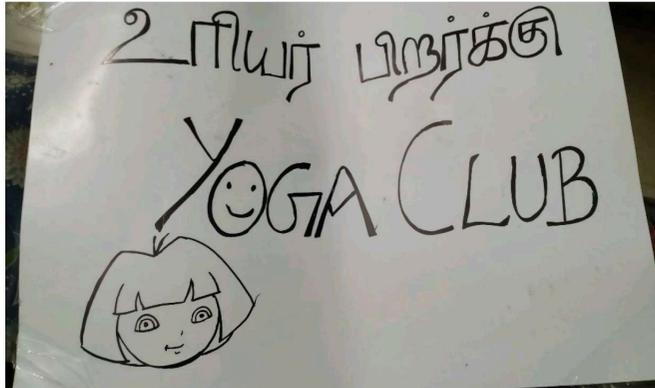
Date & Time	17-03-2024 10:00 AM to 4:00 PM
Mode	Offline
Venue	Main building
No. Of. Participants	80

**ABOUT THE EVENT:**

“Uriyar Pirarku” brought an abundance of joy to our campus as orphanage children from diverse homes joined us for a day of fun-filled activities. The Yoga Club organized few engaging games, including Mini Carrom, Roll the Dice and Win, Paper Tower, Find the Dice, and Dot Art. Mini Carrom tested their precision, while Roll the Dice and Win added an element of chance to win their favourite chocolate as reward. Paper Tower sparked creativity as they built structures. a Find the Dice, challenged their observation skills. Finally, Dot Art allowed them to express their creativity the These activities not only entertained but also fostered a sense of belonging among all participants.

**It's not how much you give but  
how much love we put into giving.**

-MOTHER TERESA







## **OUR EXPERIENCE:**

The participants genuine appreciation for the event and their eagerness to participate in every activity fueled our passion even more. Some children also performed yoga exercises very well which made us to wonder. We felt a deep connection forming, transcending barriers of age, background, and circumstance. It was a reminder that yoga is not just about physical exercise but also about unity, mindfulness, and joy. Each interaction, each shared moment of laughter and learning, left an indelible mark on our souls.

At the end of the day, as we bid farewell to our young guests, our hearts were overflowing with happiness and gratitude. Knowing that we had brought moments of happiness and empowerment to these children filled us with a sense of purpose that words cannot fully capture. The Uriyar Pirarku event was about spreading love, kindness, and joy, and we couldn't be more grateful for the opportunity to be a part of it.



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**YOGA CLUB**



**COLLABORATION WITH NSS FOR YOGA AWARENESS**

Date & Time	24-04-2024 and 25-04-2024 6:30 AM to 7:30 AM
Mode	Offline
Venue	Infront of auditorium
No. Of. Participants	100

**ABOUT THE EVENT:**

This is the event conducted by NSS in collaboration with YOGA CLUB to spread awareness about yoga routine.

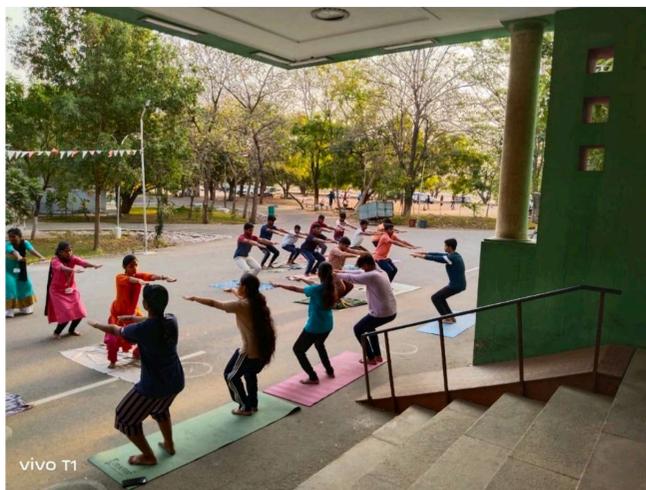


Fig 1: chair asana

## **WARM-UP:**

Incorporating a proper warm-up routine into yoga practice is essential for maximizing the benefits of yoga while minimizing the risk of injuries.

Therefore, some stretches are given before starting the session to prepare the muscles and joints and promote flexibility and mobility during the practice.

## **SURYA NAMASKARAM :**

During the awareness session, participants were given a demonstration of how to perform Surya Namaskaram by our club members.

Additionally, the benefits of Surya Namaskaram, such as improved flexibility, strengthened muscles, enhanced circulation, and a sense of mental clarity, were highlighted.



Fig 2: surya namaskaram

### **AASANAS DEMONSTRATION:**

Following Surya Namaskaram, various easy asanas were demonstrated to juniors, and their importance was taught, emphasizing benefits such as increased flexibility, improved posture, enhanced strength, and relaxation of the mind and body.



Fig 3: simple stretch asana

### **FEEDBACK :**

At the end of the session, we obtain genuine feedback from the participants to facilitate the progressive growth of the club.

**"The nature of yoga is to shine the light of awareness into the darkest corners of the body." - Jason Crandell**

# YOGA CLUB

## VALEDICTION 2023 - 2024

Date	07/05/2024
Venue	LBCH
Time	5 PM to 7 PM
No of Participants	90
Event Incharge	Vaishnavi T (71762104112)

Yoga Club Inauguration Ceremony for the Academic year 2023 - 2024 was held on 6th October 2023 and the ceremony started at 5 PM. This inauguration was held in Library Block Conference Hall (LBCH) in the presence of staff advisor Dr S Shanmuga Priya mam. The welcome address is given by Priyadharshini. Following the welcome address, event addressing of staff advisor was held.



Then staff advisor S Shanmuga Priya mam gave an introduction of yoga and importance of yoga in daily life. Followed by delivering momento for the staff advisor as the token of love from the club secretary and club office members. Also delivering momentos by club advisor mam to the office barrear of final years was held.



Followed by certificate distribution by club advisor mam to the all OB's for their incredible participation in the club throughout the academic year.



The an energetic yoga performance is given by yoga club members.



Following the Yoga Performance, Board members for the next academic year are announced with an energetic video.

S.NO	Name	Year of Study
Secretary		
1	VAISHNAVI T	III
2	GOKUL R	III
Treasurer		
1	RASWANTH M	III
Joint Secretary		
1	SRI HARI S J	II
2	GAYATHRI S	II
Club Mentors		
1	AKALYA T	III

2	PRAKASH G	III
AQUA Panel Head		
1	SATHVIKA I	III
2	PRADHAKSHANA M	III
AQUA Panel Executives		
1	NITHISH KUMAR T	II
2	SREEMATHI M	II
3	AKSHAYA DEVI V	II
ZEPHYR Panel Head		
1	ABINESH S	II
2	PRIYADHARSHINI	II
ZEPHYR Panel Executives		
1	JEYAVARSHINI R R	II
2	PRIYADHARSHIMI R	II
BLAZE Panel Head		
1	MONISHA L	III
2	PAVITHRA V	III
BLAZE Panel Executives		
1	DHARUN PRAKASH J	II
2	VISHUL V S	II
3	VETHAMURTHY	II
TERRA Panel Head		
1	METHULAN V	III

2 SAKTHI M III

3 PRITHI SINHA III

TERRA Panel Executives

1 USHA A II

AZURE Panel Head

1 GIFTINA ROSELINE S N III

AZURE Panel Executives

1 SURYA R II

2 SRI VIDYA DHARSHINI II

Finally, Vote of thanks was given by Sivasankar and expressed his thanks to everyone who supported this event.



**If you want to shine like a sun, first burn like a sun.**

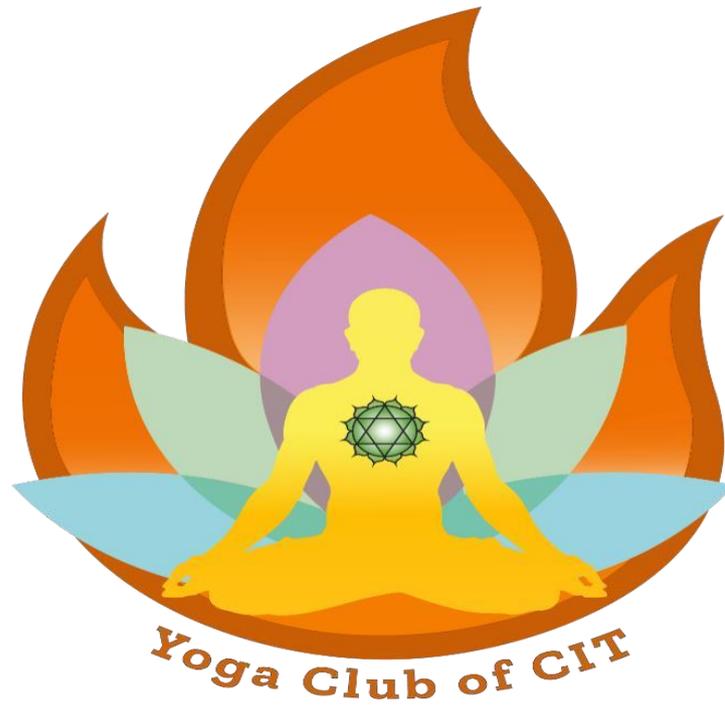
**-A. P. J. Abdul Kalam**



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## **YOGA CLUB**



**EVENT**  
**REPORT**  
**2022– 2023**

## Club Event Details

**Year: 2022-23**

**Club name: Yoga Club**

**Details of events organized:**

S. No.	Date	Name of the event and a summary of the event (three to five lines)	No. of participants		Level (Intra /Inter /District /State /National/ International)	Photo No. (Add one or two important photos of each event at the end of the table)
			Internal	External		
1	1/6/2022	<p><b>International Yoga Day Celebrations</b></p> <p>Yoga Day is celebrated worldwide on June 21st to enhance the physical and spiritual prowess that it has brought to the world stage.</p> <p>Yoga is an important source of exercise and is practiced by millions daily.</p> <p>On Wednesday, June 1st of 2022, International Yoga Day celebrations were organized by the Yoga Club and the Fit India Club of CIT at the institute.</p> <p>As a part of the international yoga day celebrations held in Coimbatore</p>	70		Intra	

institute of technology, three sessions (Session 1- Surya Namaskaram, Session 2 – Need for efficient energy and stimulation of pressure points to relieve from pain and stress, Session 3 – Yoga and meditation to overcome from pandemic of Covid 19) were conducted in-person to enhance and motivate the youth to involve Yoga practices in their daily routine.

Two online competitions were also conducted as a part of this celebration, Drawing with slogan and Pose and show. These events were aimed at encouraging students to explore different yoga asanas and learn about them.



## International Yoga Day

### Offline event

S.No	Timestamp	Name	Roll No	Mail ID	Mobile number	Department	Year of study
1	5-27-2022 16:35:13	Jothi Bathra L	1933018	jothibathra@gmail.com	9361229447	MSc DCS	3
2	5-27-2022 16:35:17	Abarna k	1933001	abarnakumar04@gmail.com	9150697554	MSc Decision and Computing science	3
3	5-27-2022 16:35:51	SUWETHA G	1933032	gksuwetha@gmail.com	98940 87889	M.Sc Decision and Computing Sciences	3

4	5-27-2022 16:36:06	Rachitha K	1933024	rachithakumar15@gmail.com	9677742845	MSc DCS	3
5	5-27-2022 17:03:45	Roopan R	7176210204 4	roopansarombbs100@gmail.com	7094912155	Mechanical engineering	1
6	5-28-2022 11:45:34	Vivekan S	2034057	2034057aiml@cit.edu.in	8825868013	MSc AIML	2
7	5-28-2022 12:11:50	Shwethambari venkatesh	2032039	shwethambari86@gmail.com	8056823222	Msc data science	2
8	5-29-2022 22:41:11	Abhirami K M	2032001	2032001mds@cit.edu.in	6384620251	MSc Ds	2
9	5-30-2022 10:10:33	Pooja M	2033024	Poojamohanraj27@gmail.com	7708133907	Msc.Decision and Computing Science	2
10	5-30-2022 10:13:59	Dharssini K	2033009	2033009mdcs@cit.edu.in	7695890560	DCS	2
11	5-30-2022 10:14:04	Genga K	2033012	2033012mdcs@cit.edu.in	8248870532	Msc(DCS)	2
12	5-30-2022 10:14:12	Abirami R	2033002	2033002mdc@cit.edu.in	9003764378	MSc.Decision and computing science	2
13	5-30-2022 10:14:12	Gowtham Easwar B	2033013	2033013mdcs@cit.edu.in	9384976575	M.Sc DCS	2
14	5-30-2022 10:14:17	Navika M S	2033023	2033023mdcs@cit.edu.in	9499006602	MSC.DCS	2
15	5-30-2022 10:14:20	KAVYA SREE R J	2033017	2033017mdcs@cit.edu.in	9345973182	M. Sc. DCS	2
16	5-30-2022 10:14:21	Vidhya Varshany J S	2033038	2033038mdcs@cit.edu.in	9487017419	M.Sc.,DCS	2
17	5-30-2022 10:14:31	Narayanaswamy R	2033022	swamykrish25@gmail.com	9361373502	Dcs	2
18	5-30-2022 10:14:50	Lekha Sri Pooja V	2033020	2033020mdcs@cit.edu.in	7010465372	MSc DCS	2
19	5-30-2022 10:15:25	Shruthijeya J	2033034	2033034mdcs@cit.edu.in	8300023004	M. SC. Decision and Computing Sciences	2

20	5-30-2022 10:15:33	Avinash R	2033006	2033006mdcs@cit.ed u.in	8667244177	msc dcs	2
21	5-30-2022 10:15:58	Abhinivesh S	2033001	2033001mdcs@cit.ed u.in	9345884174	MSc Decision and computing science	2
22	5-30-2022 10:15:59	Thilak PL	2033037	2033037mdcs@cit.ed u.in	8667736358	Msc.Decision And Computing Science	2
23	5-30-2022 10:16:01	Kishore Kumar.S	2033019	2033019mdcs@cit.ed u.in	86675 68280	Decision and computing science	2
24	5-30-2022 10:16:10	Kimberly Marcelin Nathan A	2033018	2033018mdcs@cit.ed u.in	7708144577	M.Sc.DCS	2
25	5-30-2022 10:16:32	Santhosh KV	2033030	Santhoshkv0578@g mail.com	9597102880	Msc DCS	2
26	5-30-2022 10:16:33	Devamuge K U	2033007	2033007mdcs@cit.ed u.in	9361140090	M.Sc., Decision and Computing Sciences	2
27	5-30-2022 10:16:47	Rakshana S	2033027	2033027mdcs@cit.in	9585353933	Decision and Computing Sciences	2
28	5-30-2022 10:17:09	Prasannapathi S	2033025	2033025mdcs@cit.ed u.in	9677540483	M.Sc. DCS	2
29	5-30-2022 10:17:10	Dharun Prudhiv	2033010	dharunprudhiv8@gm ail.com	9791362788	MSc DCS	2
30	5-30-2022 10:17:53	Adhava Perumal S	2033003	2033003mdcs@cit.ed u.in	7338305094	Msc DCS	2
31	5-30-2022 10:18:13	KAAVIASUDHA N V S	2033016	2033016mdcs@cit.ed u.in	6381406390	M.Sc Decision and Computing Sciences, Computing Department	2
32	5-30-2022 10:18:22	Saran Nithish T S	2033031	2033031mdcs@cit.ed u.in	9566472007	Decision and Computing Sciences	2
33	5-30-2022 10:19:03	Senjeev G	2033032	senjeevmanoj@gmai l.com	8870705569	MSc	2
34	5-30-2022 10:19:06	Ajay Arvinth A	2033004	ajarvnth11@gmail.co m	9003429474	M.Sc DCS	2

35	5-30-2022 10:19:18	Aravamudhan Raman	2033005	ara.kmu.2002@gmail .com	9840930602	MSc	2
36	5-30-2022 10:23:55	Dhiyanaesh	2033011	Dhiyanaeshprasath3 0@gmail.com	9302910123	Msc.DCS	2
37	5-30-2022 10:26:25	Hari Nitharsan S B	2033014	2033014mdcs@cit.ed u.in	9677302305	MSC DCS	2
38	5-30-2022 10:46:22	Maheswari v	1933020	gpmahes23@gmail.c om	9629458651	Msc dcs	3
39	5-30-2022 10:48:50	Karisma Dev D	1933019	karismadev223@gm ail.com	9894307773	MSC DECISION AND COMPUTING SCIENCES	3
40	5-30-2022 11:33:46	Sruthi R	2032043	2032043mds@cit.ed u.in		Msc DS	2
41	5-30-2022 12:13:32	Praneetha M	1933023	Praneethaamohan83 @gmail.com	9585513665	msc dcs	3
42	5-30-2022 14:05:39	Narmadadevi Dhamotharan	1933021	narmadadevi16@gm ail.com	6369550491	MSc Dcs	3
43	5-30-2022 15:13:53	Dakshinya J	2032010	2032010mds@cit.ed u.in	9345338719	MSc Data Science	2
44	5-30-2022 15:13:58	Deepthitha R	2032012	2032012mds@cit.ed u.in	9751118999	M.sc Data science	2
45	5-30-2022 15:16:16	Prakalya BS	2032031	2032031mds@cit.ed u.in	94880 38087	Msc data science	2
46	5-30-2022 15:21:53	Dharshini R	2033008	2033008mdcs@gmail .com	6374698514	Msc DCS	2
47	5-30-2022 20:20:46	Isabella Priya P J	2033015	2033015mdcs@cit.ed u.in	9043176090	M. Sc. DCS	2
48	5-30-2022 23:43:24	Tanushree R	2033036	2033036mdcs@cit.ed u.in	7708499989	MSC.DCS	2
49	5-31-2022 13:43:39	Adhithya	7176213200 2	71762132002@cit.ed u.in	7010959050	MSc DS	1
50	5-31-2022 17:20:47	Susma Mondal	2033035	susmamondal10@g mail.com	9843736523	Msc Dcs	2

51	5-31-2022 19:44:26	Shruti C S	1933028	Shrutics.star@gmail.com	7708750677	MSc Decision and Computing Sciences	3
52	5-31-2022 20:28:05	Arun Prasath I	1933004	arunprasath2025@gmail.com	8883365322	Msc Dcs	3
53	5-31-2022 20:29:15	Dharanish S	1933010	dharanish1719@gmail.com	6383454249	Dcs	3
54	5-31-2022 20:31:37	Harish v	1933017	harishvirat1819@gmail.com	7904894409	Msc Dcs	3
55	5-31-2022 23:14:53	V.S.Raghul Manickam	1933025	raghulmanick@gmail.com	9360221414	Msc Decision and computing sciences	3
56	6-1-2022 8:48:47	Vishnu Sudharsan	1933033	vishnusudharsan77@gmail.com	9095602988	MSc DCS	3
57	6-1-2022 8:50:55	Harini shree S V	1933016	harinishree219@gmail.com	9003716261	Decision and Computing Sciences	3
58	6-1-2022 9:05:31	Hanish	1933015	hanishk602@gmail.com	9150748361	M.sc dcs	3
59	6-1-2022 9:05:35	Ezhilmathi K	1933012	ezhilkarthik02@gmail.com	7397320273	MSC DCS	3
60	6-1-2022 9:06:39	Akschaya B	1933003	akschaya123@gmail.com	6381611897	Decision and Computing Sciences	3
61	6-1-2022 9:08:24	Devi S	1933008	devisaminathan24@gmail.com	8870040992	MSc	3
62	6-1-2022 9:09:21	Danvanth S	1933006	danvanth21@gmail.com	9566922402	DCS	3
63	6-1-2022 9:14:21	Abishek.k	1933002	abishekkannan2820@gmail.com	6379153189	Msc.DCS	3
64	6-1-2022 9:18:09	Sridhar	1833051	sridhar34001@gmail.com	8667832793	Decison computing science	4
65	6-1-2022 9:18:24	Venkateshan D	1833056	1833056mdcs@cit.edu.in	6383184082	Msc Decision and computing Sciences	4
66	6-1-2022 9:18:49	Pranaav	1833035	1833035mdcs@cit.edu.in	8637439272	M.Sc DCS	4

67	6-1-2022 9:19:05	Aadhithian L	1833001	aadhisankaran28@gmail.com	6384550221	MSc DCS	4
68	6-1-2022 9:20:23	KosalRam	1833024	1833024mdcs@cit.edu.in	7358368365	Computing	4
69	6-1-2022 9:20:27	SRUTHI VENANTHA V	19 33 030	1933030mdcs@cit.edu.in	9150206468	Msc dcs	3
70	6-1-2022 9:21:49	Sachin Dhana Paul J	1833044	1833044@mdcs.cit.edu.in	6382739980	Computing M.SC Decision Science and Computing	4
71	6-1-2022 9:26:06	Sivasakthi	1933029	gsivasakthi002	6379556425	Msc(DCS)	3
72	6-1-2022 9:30:01	Naveenkumar	1833030	rdnknaveen@gmail.com	63792595975	Computing	4
73	6-1-2022 12:05:30	Susma R	1933031	susmasuki@gmail.com	9751134448	MSc DCS	3

#### ONLINE EVENTS – DRAWING AND SLOGAN/ POSE AND SHOW

S. No	Timestamp	Name	Roll No	Mail ID	Mobile number	Department	Year of study	Drawing and Slogan	Pose and show
1	5-30-2022 8:32:20	Sivasankar M	2003084	20ee85@cit.edu.in	8610569405	Electrical and Electronics Engineering	2	<a href="https://drive.google.com/open?id=1D564KS0PTpilEdIROUNTyAScm8uhf49N">https://drive.google.com/open?id=1D564KS0PTpilEdIROUNTyAScm8uhf49N</a>	<a href="https://drive.google.com/open?id=1FY_ZXfdS3t1vZT3CzKjgozwZq4gj6vco">https://drive.google.com/open?id=1FY_ZXfdS3t1vZT3CzKjgozwZq4gj6vco</a>
2	5-30-2022 10:12:45	Dharssini K	2033009	2033009mdcs@cit.edu.in	7695890560	DCS	2		

3	5-30-2022 10:31:02	Omprakash S	193 302 2	omprakash.s r2410@gmail.com	893963 8419	M.sc Dcs	3		
4	5-30-2022 10:46:24	J DANESH DHEERT HAN	193 300 5	danesh0410 @gmail.com	984239 8623	M.Sc Decision and Computing Sciences	3		
5	5-31-2022 22:26:38	Maheswari V	193 302 0	gpmahes23 @gmail.com	962945 8651	Msc dcs	3	<a href="https://drive.google.com/open?id=1p9P4ArbWI9WCqBnMbmTzoqFK3IWu4B5k">https://drive.google.com/open?id=1p9P4ArbWI9WCqBnMbmTzoqFK3IWu4B5k</a>	
6	5-30-2022 10:50:19	Karisma Dev D	193 301 9	karismadev2 23@gmail.com	989430 7773	MAC DECISION AND COMPUTING SCIENCES	3		
7	5-30-2022 20:56:22	Rachitha k	193 302 4	rachithakum ar15@gmail.com	967774 2845	MSc DCS	3	<a href="https://drive.google.com/open?id=1pxcZMubx7K9gVPuWaw9fNVraXM2BP-95">https://drive.google.com/open?id=1pxcZMubx7K9gVPuWaw9fNVraXM2BP-95</a>	
8	5-31-2022 23:23:15	Dhinesh Kumar S	193 301 1	dhineshkum ar4645@gmail.com	965591 1979	MSc Decision and Computing Sciences	3	<a href="https://drive.google.com/open?id=1J-rQr-6k5gf3NklW2Pfc63ITlaf94WQ">https://drive.google.com/open?id=1J-rQr-6k5gf3NklW2Pfc63ITlaf94WQ</a>	
9	5-31-2022 10:33:52	Shruti C S	193 302 8	shrutics.star @gmail.com	770875 0677	MSc Decision and Computing Sciences	3		
10	5-31-2022 23:24:36	Raghul Manicka m.V.S	193 302 5	raghulmanic k@gmail.com	936022 1414	Decision and computing sciences	3	<a href="https://drive.google.com/open?id=1AhLDwLi6aiKMOsVNzhsFbmkpaxHiDaaB">https://drive.google.com/open?id=1AhLDwLi6aiKMOsVNzhsFbmkpaxHiDaaB</a>	

11	5-31-2022 18:23:36	Devamu ge K U	203 300 7	2033007mdc s@cit.edu.in	936114 0090	M.Sc., DCS	2	<a href="https://drive.google.com/open?id=1-4797NsRm_uy9o-KPbjR5wnh_8hEwDkJ">https://drive.google.com/open?id=1-4797NsRm_uy9o-KPbjR5wnh_8hEwDkJ</a>	
12	5-31-2022 20:09:28	Arunpras ath I	193 300 4	arunprasath 2025@gmail .com	888336 5322	Msc Dcs	3		
13	6-1-2022 0:13:51	PRASAN NAPATHI S	203 302 5	2033025mdc s@cit.edu.in	967754 0483	M.Sc. DCS	2	<a href="https://drive.google.com/open?id=1akUKgPz5xfQeWvHyXJbxo_ccxGxHeKRSR">https://drive.google.com/open?id=1akUKgPz5xfQeWvHyXJbxo_ccxGxHeKRSR</a>	
14	6-1-2022 0:47:32	KAAVIAS UDHAN V S	203 301 6	2033016mdc s@cit.edu.in	638140 6390	M.Sc. Decision and Computing Sciences	2	<a href="https://drive.google.com/open?id=1DhKFtymp38qliXsvgTqxVG_OHl2-yvYGx">https://drive.google.com/open?id=1DhKFtymp38qliXsvgTqxVG_OHl2-yvYGx</a>	

# 2022 International Yoga Day Celebration

## Coimbatore Institute Of Technology

COIMBATORE INSTITUTE OF TECHNOLOGY  
(Autonomous Institution affiliated to Anna University)

**INTERNATIONAL YOGA DAY Celebration**

1<sup>st</sup> JUNE 2022      VENUE: LIBRARY CONFERENCE HALL

**Session 1**  
Surya Namaskaram  
07:30 AM - 09:00 AM

**Session 2**  
Need for Efficient Energy  
& Stimulation of Pressure  
Points to relieve from  
pain & stress  
09:30 AM - 11:00 AM

**Session 3**  
Yoga & Meditation to  
overcome from  
Pandemic of Covid-19  
11:15 AM - 12:30 PM

STAFF ADVISORS  
Dr. S. Shanmuga Priya,  
Associate Professor  
Ms. V. Radhama,  
Assistant Professor  
Ms. J. Asha,  
Assistant Professor

@cit\_yoga\_club

**INTERNATIONAL YOGA DAY Celebration**

**ONLINE EVENTS**

- 1 Drawing With Slogan
- 2 Pose and show

**E-Certificates for Winners**

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## EVENTS SCHEDULE

**Venue: Library Block Conference Hall, Open Garden at Main Building,CIT**

TIMINGS	TITLE OF THE EVENT	RESOURCE PERSON
Session 1 (7:30 AM to 9:00 AM)	Activity: Surya Namaskaram	Mr.S. Karthikeyan Member at National Sports and Physical Fitness Board, Chennai
9:00 AM to 9:30 AM	Break	
Session 2 (9:30 AM to 11:00 AM)	Talk: Need for efficient energy to lead peaceful and successful life Activity: Stimulating Pressure Points to relieve pains and stress	Mr. R.P. Shiva, Uyirmei Suyavazhviyal and Mahaththuvam Center, Salem
11:00 AM to 11:15 AM	Refreshment	
Session 3 (11:15 AM to 12:30 PM)	Talk: Yoga & Meditation to overcome from Pandemic of Covid-19  Activity: Maharasanam	Dr.K. Shanmugasundaram, Professor at WCSC, Aliyar

### Online Events:

1. Drawing with Slogan                      2. Pose and Show

Themes: Benefits of Modern Yoga, Pandemic of Covid-19











**COIMBATORE INSTITUTE OF TECHNOLOGY**  
(Government Aided Autonomous Institution & Affiliated By Anna University)



## **YOGA CLUB**



**EVENT  
REPORT  
2021– 2022**

Year: 2021-2022

Club name: Yoga Club

1	24.04. 2022- 26.04. 2022	<b>VETHA THIRI MAHA RISHI SIMPLI FIED EXERC ISE:</b> Hand exercise Leg exercise Breathin g exercise Eye exercise	10	Int ra	
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