



SRI RAAJA RAAJAN

COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai)

146/14B1, Amaravathi Village, Amaravathiputhur Post,
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LIFE SKILL – YOGA REPORT




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Sivagangai Dt, Tamil Nadu



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Introduction to Yoga

Yoga is a path towards total harmony of body, mind, and spirit. It is an inherent desire in humans to be happy. The ancient sages, through inquiry about life, were able to reach a state of Consciousness in which the secrets of healthier, happier and meaningful living were revealed to them. For college students, Yoga is integral to their physical and mental health. By practicing yoga, one encourages a sense of body positivity.

Benefits of Yoga:

- Helps in releasing toxins
- Improves the flexibility of muscles
- Regulates the digestive, endocrine and circulatory systems
- Helps to lose weight
- Reduced stress
- Effective brain development
- More energy and enthusiasm
- Better sleep quality




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Eight –fold path of Yoga:

1. Yama: codes of restraint, abstinences, self –regulations
2. Niyama: observances, practices, self – training
3. Asana: meditation posture
4. Pranayama: expansion of breath and prana, regulation, control
5. Pratyahara: withdrawal of the senses, bringing inward
6. Dharana: concentration
7. Dhyana: meditation
8. Samadhi: meditation in its higher state, deep, absorption of meditation




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Objectives:

- Apply the principles of yoga for wholesome development
- Channelize energies to creative and constitutional endeavours
- Realize the values of yoga as a future career option
- Oblige to the Nation's call for studying yoga as a curricular component
- Imbibe the values of practicing yoga for physical and mental harmony
- Approach the mechanism with an open mind
- Build a physically strong and mentally
- Control and manage

Expected outcomes:

- After a training on yoga, students are expected to
- Improve concentration and focus on studies
- Coordinate thoughts and actions
- Aspire for a harmonious life filled with mental peace, health and hygiene
- Demonstrate appreciable social, cultural and spiritual qualities
- Augment their spirit to uphold moral values in life
- Manage their human resources (time, energy etc) efficiently
- Self motivate to become yoga teachers/ trainers
- Expand their thresholds of tolerance and understanding




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ACADEMIC ACTIVITIES:

The Yoga Sessions was organized for the following years:

2017-2018, 2018-2019, 2019-2020, 2021-2022 to create awareness about Yoga which are related on International Yoga Day, under the yoga instructors Dr.Ranjith Kumar, Dr.Vijayalakshmi, Mr.Bhuvanesh with great dedication. The teachers participated with full Interest, enthusiasm and eagerness. The students obtain a certificate on completion of the training.

The motto is to develop a healthy, sustained practice in them which could be beneficial to both the learners and the nation.

Inculcating values of Yoga and Meditation:

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, pranayama and meditation are effective techniques to release stress.




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YOGA SESSION ***(2017-2018)***




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The college students were given training for meditation through the Programme “YOGA AND MEDITATION ”Co-ordinated by Dr. Rajeshwari. This yoga is based on the mindfulness technique to experience self awareness, focus and silence.

Yoga and Meditation :

AIM: Live to love and Love to live

Importance:

- 1.To inculcate the practice of meditation in the everyday life.
- 2.To enable the people experience a deep awareness about godliness.
- 3.To boostup one’s energy, skills and values.
- 4.To perform and deliver selfless service to the humanity.

Scope:

Yoga is a charismatic movement with specific activities to inculcate meditation, values and concern for the students who are the future of the nation.

Outcome:

Students experience attitudinal change and transformation to enhance holistic development of mind, body and soul.




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INAUGURATION:

On 14.08.2017 SRR CET celebrated a special Yoga session in which 100 students were participated. Dr.A.Kumaravadivel (Principal,SRR CET) given warm welcome address and memento to the Chief Guest Dr.RanjithKumar. He quoted that “Yoga Movement was usefulness in one’s life and also lead to self awareness and a deep concentration and silence”. The sessions of Yoga and Meditation were conducted under the guidance of Dr. RanjithKumar.It was celebrated every year on International Yoga Day. It helps a lot to refine the students and make them realize the importance of mental and spiritual health.




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Photo courtesy: Our Academic Advisor Dr.S.Subbiah given motivational speech about Yoga.




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A few minutes of yoga during the day can be a great way to get rid of stress that accumulates Daily in both the body and mind. Meditation is relaxation which gives calm mind, good Concentration of the body and mind. Yoga postures, Pranayama and meditation are effective Techniques to release stress.

In view of this, Yoga Team have successfully organized demonstration. Lecture and Competitions are also organized by the team. The following students were participated in the demonstration.




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Photo courtesy: Our students performed Yoga interestly.




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30	ANITHA.M	912517105003




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48	VENGATESH KUMAR R	912517105035
49	VICKRAM K	912517105036
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51	BARVIN BANU I	912517106005
52	CAROLINE J	912517106006
53	CUBA PS	912517106007
54	DEEPA K	912517106008
55	DHINESH K	912517106009
56	EZHIL NILA U	912517106010
57	GNANASUMITHRA A	912517106011
58	JOTHIKA D	912517106012
59	KARPAGAM A	912517106013
60	MUNEE SWARI N	912517106014
61	NAGA ARASI S	912517106015
62	NALINI M	912517106016
63	NANTHINI R	912517106017
64	NIVETHA R	912517106018
65	PANDIMEENAL G	912517106019
66	PREETHI M	912517106020
67	PREMA S	912517106021
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79	ANTONY LOPAS A	912517114004
80	ARAVIND S	912517114005
81	ARUN M	912517114006
82	ARUN BARATH B	912517114007
83	ARUNKUMAR D	912517114008
84	ASHOK P	912517114009
85	ASHWIN PRAKASH A	912517114010
86	BABU C	912517114012
87	BALACHANDER S	912517114013
88	BHARATHI KANNAN M	912517114014
89	BOOBALA MURUGAN R	912517114015
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97	DINESHKUMAR S	912517114023
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Photo courtesy: Our students doing “PARANA YAMA” eagerly.

Yoga education can enhance all the activities of the students be it academic or sport or social. Yoga techniques provide improved attention in studies better stamina and co-ordination for sports and balanced attitude for social activity. The Teacher should be trained and experienced in knowing the physical and psychological needs of the students in various age groups.




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CERTIFICATE OF PARTICIPATION

It is certified that..... **R. DEEPIKA**.....

..... *has Participated in*..... **YOGA SESSION (14.08.2017)**.....

Organised by Sri Raaja Raajan College of Engineering and Technology. His/Her Participation enabled the event as most useful and successful.

We Wish him/her all the best for future endeavours.

Co Ordinator

Principal



Principal
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CERTIFICATE OF PARTICIPATION

It is certified that..... **J. BARVIN BANU**.....

..... has Participated in..... **YOGIA SESSION (14.08.2017)**.....

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We Wish him/her all the best for future endeavors.

[Signature]
Co ordinator

[Signature]
Principal



[Signature]
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CERTIFICATE OF PARTICIPATION

It is certified that Y. GOPINATH

has Participated in YOGA SESSION (14.08.2017)

Organised by Sri Raaja Raajan College of Engineering and Technology. His -Her Participation enabled the event as most useful and successful.

We Wish him her all the best for future endeavors.

Anne
Co ordinator

[Signature]
Principal



[Signature]
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YOGA SESSION

(2018-2019)




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Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control.

AIM:

- To practice mental hygiene
- To enable the student to have good health
- To possess emotional stability
- To integrate moral values
- To attain higher level of consciousness

INAUGURATION:

On 24.07.2018 SRRCET celebrated a special Yoga session in which 100 students were participated. Dr.A.Kumaravadivel (Principal,SRRCET) given warm welcome address and memento to the Chief Guest Mr.Bhuvanesh. He quoted that “Yoga increases the flexibility of the spine,improves body’s physical condition and heightened awareness to the importance of relaxation”.




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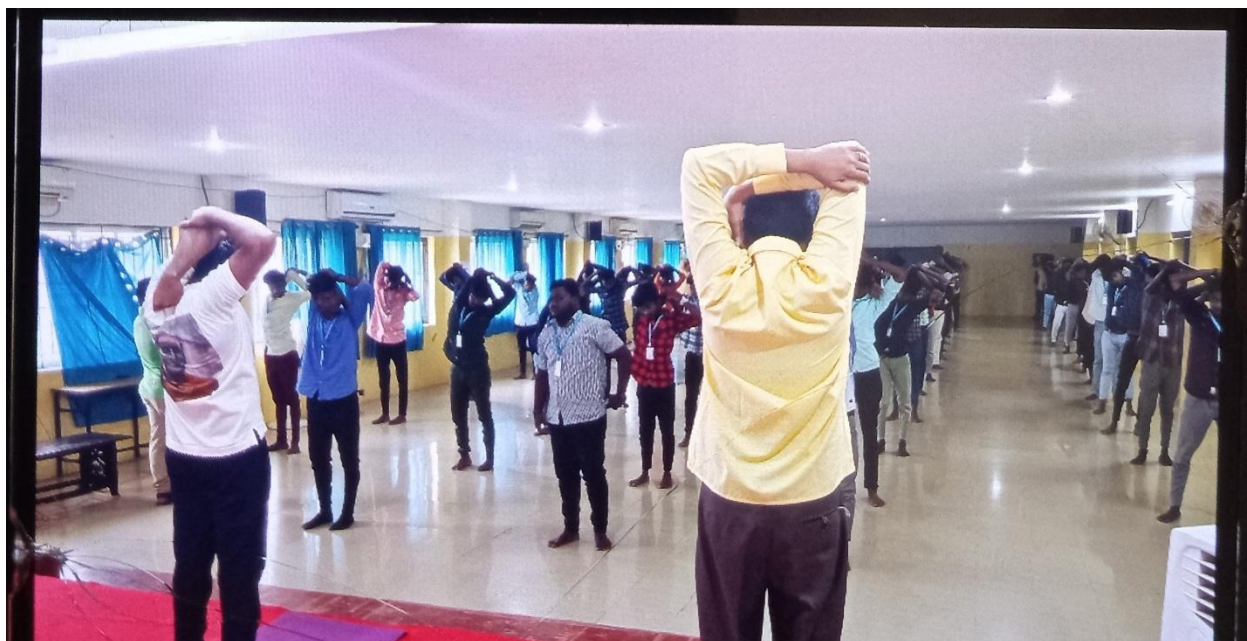
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The sessions of Yoga and Meditation were conducted under the guidance of Mr.Bhuvanesh. On International Yoga Day the Yoga session was energetically performed. It helps a lot to refine the students and make them realize the importance of mental and spiritual health.



Our faculty along with our students actively participated.




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65	VASANTHAN U	912518413017
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77	PRAVEEN KUMAR R	912518106013
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82	VIDHYA C	912518106018
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It is certified that..... **A: AKILA**

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We Wish him /her all the best for future endeavor.

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
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Our faculty along with our students were performed yoga session.

Yoga in Daily Life offers numerous methods to attain mental wellbeing: Mantra practice the
Observance of ethical principles, the keeping of good company and the study of inspiring texts to
Purify and free the mind .




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YOGA SESSION

(2019-2020)




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Yoga means to join together the mind body and spirit and it is a form of exercise that originated in ancient India. Many people have practiced it for thousands of years.


AIM:

The aim of Yoga for health is to bring balance into the body physically,mentally and emotionally.By connecting to ourselves through the breathe.We can bring our bodies from a state of disease to a place of health.

INAUGURATION:

On 19.07.2019 SRRCET celebrated a special Yoga session in which 65 students were Participated. Dr.AL.Mayilvahanan (Principal,SRRCET) given warm welcome address and memento to the Chief Guest Dr.Vijayalakshmi. She quoted that “we are led through life by the mind and senses,rather than having these under our control”.




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Chief guest given motivational speech about types of Yoga.




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Our students were actively participated in various positions of Yoga




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Our students performing Trikonasana

The health of the body is of fundamental importance in life. Without health everything is nothing. To preserve and restore health there are physical exercises, breathe exercises and relaxation techniques.




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56	NAZZEERKHAN A	912519114305
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63	SIVA PRAKASH K	912519410005
64	THIRUMALAI NAMBI RAJA U	912519114307
65	YOGESHWARAN S	912519114308




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Co ordinator




Principal




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YOGA SESSION

(2021-2022)




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Yoga is a form of exercise that originated in ancient India. Many people have practiced it for thousands of years. The act of Yoga consists of many stages known as “ASANAS” that have different physical benefits. It is said that if a person practices yoga, he or she will become healthier. Therefore, many countries have adopted yoga as a form of exercise.

AIM:

The Importance of yoga in our lives cannot be underestimated. The main purpose of improving health and well -being but it is also about self realization. It is a science that focuses on physical health but also mental and spiritual .

INAUGURATION:

On 21.19.2021 SRRCET celebrated a special Yoga session in which 100 students were Participated. Dr.AL.Mayilvahanan(Principal,SRRCET) giving warm welcome address and giving memento to the Chief Guest Dr.RanjithKumar. He quoted that the practice guides as to become acquainted with our own nature – as we are and why we are so- and then beyond self-acceptance to self realization.




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Students were actively participated in Yoga session




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Photo courtesy: Students were performing Salabhasana




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38	NIVETHA M	912521104027
39	PALANIYAMMAL K	912521104028
40	PAVIN P	912521104029
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64	SWATHI M	912521104053
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76	MANIMALA K	912521106026
77	MOHAMED BASITH J	912521106027
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80	MURUGAVEL PANDI R	912521106030
81	NAVEENA V	912521106031
82	NISHVITHA K	912521106032
83	PASU PATHI C	912521106033
84	PATHMAPRIYA R	912521106034
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89	RAMYA R	912521106039
90	RANJITH B	912521106040
91	RATHIKA G	912521106041
92	RAVEENA R	912521106042
93	RAVINA G	912521106043
94	SANJAI T	912521106044
95	SANKAVI G	912521106045
96	SANTHOSH N	912521106046
97	SARANYA A	912521106047
98	SATHYA B	912521106048
99	SHANMUGA PRIYA P	912521106049
100	SINDHUJA S	912521106050




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CONCLUSION:

To conclude the fundamental principle of “Yoga in Daily Life” is religious freedom. Yoga is not a religion-it is the source of spirituality and wisdom, the root of all religious. Yoga transcends Religious boundaries and reveals the way to unity.




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