



# SRI RAAJA RAAJAN

COLLEGE OF ENGINEERING AND TECHNOLOGY

(APPROVED BY AICTE, NEW DELHI & AFFILIATED TO ANNA UNIVERSITY, CHENNAI.)

146/14B1, Amaravathi Village, Amaravathiputhur Post,

Karaikudi -630301, Sivagangai Dt, Tamilnadu

Website: [www.srirajaraajan.in](http://www.srirajaraajan.in). E - Mail: [srrcet2010@gmail.com](mailto:srrcet2010@gmail.com). Ph: 04565-234230

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## National Service Scheme



Yoga for Healthy Body and Mind

Date: 01.02.2019





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### EVENT SCHEDULE

|   |   |   |
|---|---|---|
| 1 | Name of the Event(Seminar/Workshop/Conference/FDP/Any others) | Yoga for Healthy Body and Mind  |
| 2 | Name of the Organizer   | National Service Scheme   |
| 3 | Date of Event   | 1st February 2019   |
| 4 | Venue of the Event Conducted                                  | College Auditorium,   |
| 5 | Title of the Event  | Yoga for Healthy Body and Mind  |
| 6 | Name of the Programme Officer                                 | NSS Programme Officer   |
| 7 | Total Participants  | 100   |
| 8 | Objectives of the Event                                       | The goal of the International Day of Yoga is to raise awareness of the various advantages of yoga around the world. |





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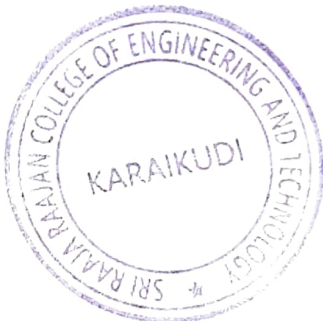
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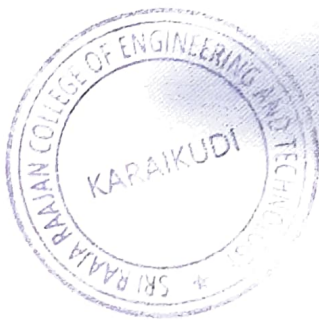
### REPORT

On February 2<sup>ND</sup> 2019, NSS volunteers and students of Sri Raaja Raajan college of Engineering and Technology took part in a Yoga session at College Auditorium. Our college Chairman Dr.S.Subbaiah, Inaugurated the event which was supervised by Vice Pricipal V.Magalingasuresh. Yoga instructors from the "Isha Foundation "explained how Yoga may benefit both the mind and the body. Following that, they led the participants through some basic yoga exercises. 100 NSS volunteers and students eagerly participated in the "Yoga Division of Salem Isha Centre". Hence the students were benefited.





YOGA DAY





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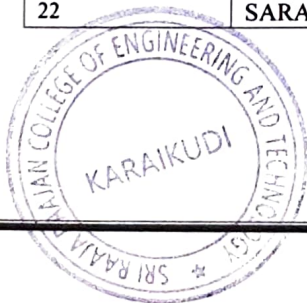
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| S.NO | NAME             | DEPARTMENT |
|------|------------------|------------|
| 1    | ALAGUNILA.V      | EEE        |
| 2    | ANITHA.M         | EEE        |
| 3    | ARAVINDH.V       | EEE        |
| 4    | ARCHANADEVIA     | EEE        |
| 5    | ARUNKUMAR.K      | EEE        |
| 6    | BALARAMAN.S      | EEE        |
| 7    | DEEPIKA.R        | EEE        |
| 8    | GOWSALYA.R       | EEE        |
| 9    | JANANI.P         | EEE        |
| 10   | JASMIN LITHYA.A  | EEE        |
| 11   | JOTHIKA.D        | EEE        |
| 12   | MANOJ.T          | EEE        |
| 13   | MARIYASELSIA.K   | EEE        |
| 14   | MUKILADEVI.M     | EEE        |
| 15   | MUNESWARAN.M     | EEE        |
| 16   | NARMATHASRI.K    | EEE        |
| 17   | PANDICHELVI      | EEE        |
| 18   | PARTHA SARATHI.B | EEE        |
| 19   | PRADEEP.V        | EEE        |
| 20   | PRAVIN.G         | EEE        |
| 21   | RAJA.R           | EEE        |
| 22   | SARANYA.L        | EEE        |



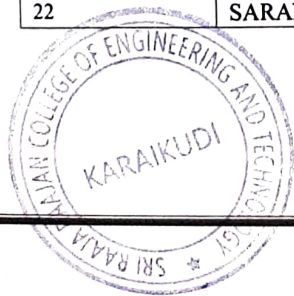


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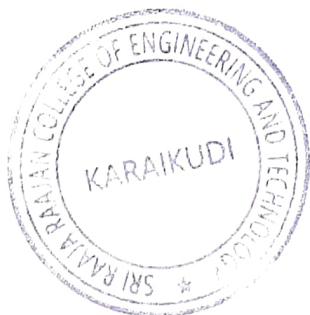
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| 23   | ABINAYA.C        | ECE        |
| 24   | ABINAYA.S        | ECE        |
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| 32   | EZHILNILA.U      | ECE        |
| 33   | GNANASUMITRA.A   | ECE        |
| 34   | JOTHIKA.D        | ECE        |
| 35   | KARPAGAM.A       | ECE        |
| 36   | MUNEESWARI.N     | ECE        |
| 37   | NAGA ARASI.S     | ECE        |
| 38   | NALINI.M         | ECE        |
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| 40   | NIVETHA.R        | ECE        |
| 41   | PANDIMEENAL.G    | ECE        |
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| 45   | PRIYATHARSHINI.K | ECE        |
| 46   | RATHIGA.S        | ECE        |

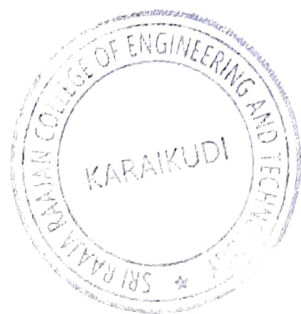


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|------|------------------|------------|
| 47   | DINESH.P         | MECH       |
| 48   | DIVAKARAN.U      | MECH       |
| 49   | ENIYAVAN.G       | MECH       |
| 50   | ESECKIYA.S       | MECH       |
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| 52   | GOWSALYA.K       | MECH       |
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| 54   | HARISURIYA.S     | MECH       |
| 55   | ILLAIYARAJA.P    | MECH       |
| 56   | JEGATHESHWARAN.S | MECH       |
| 57   | JEGATHESHWARI.S  | MECH       |
| 58   | KABIL.K          | MECH       |
| 59   | KALAIVANAN.M     | MECH       |
| 60   | KALEESWARAN.S    | MECH       |
| 61   | KARTHICK.G       | MECH       |
| 62   | KARTHICK.P       | MECH       |
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| 65   | KARUPPASAMY.L    | MECH       |
| 66   | KATHIRVELAN.K    | MECH       |
| 67   | KAVIYARASU.K     | MECH       |
| 68   | LAKSHMIKANDAN.L  | MECH       |





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| 70   | GANANASEKARAN.J   | CIVIL      |
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| 73   | GOPINATH.V        | CIVIL      |
| 74   | HAMEED RISWAN.H   | CIVIL      |
| 75   | RAMYA.R           | CIVIL      |
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| 77   | DHIVYA BHARATHI.M | CIVIL      |
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| 79   | DIVYABHARATHI.S   | CSE        |
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| 83   | HEMALATHA.N       | CSE        |
| 84   | KANNAN.P          | CSE        |
| 85   | KARTHIGA.K        | CSE        |
| 86   | KARTHIMANI.P      | CSE        |
| 87   | SANGEETHA.S       | CSE        |
| 88   | SANGEETHA.S       | CSE        |
| 89   | SARANYA.G         | CSE        |
| 90   | SARATHA.S         | CSE        |
| 91   | SOLAIYAMMAL.R     | CSE        |
| 92   | SUREKA.R          | CSE        |
| 93   | SUTHA.S           | CSE        |



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| 100  | RAMYA.R          | CSE        |



  
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