

Requisition Letter

From

Mrs. S. Hemalatha, Co-Ordinator of YRC,
Department of S&H,
SSM Institute of Engineering and Technology,
Dindigul.

To

The Principal,
SSM Institute of Engineering and Technology,
Dindigul.

Respected Sir,

Sub: Requisition of conducting Yoga awareness programme to nearby school on 26.06.2021 -reg.

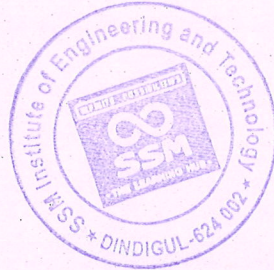
As the Coordinator of YRC, I request your permission for an event. I would like to conduct a yoga awareness programme for the welfare of the school students. It is to present the appeal of initiating a yoga awareness programme in the nearby school. Many students will benefit and it will be a positive step in concern for the well-being and physical health of the students.

Thank you.

School name: Govt. Hr. Sec. School, Konur.

Date: 23.06.21

Place: Dindigul.



Program Co - Ordinator:

Mrs. S. Hemalatha, AP/ Mathematics

Yours faithfully,

Principal

Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal

SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindalagundu (Po),
Palani Road, Dindigul - 624 002.



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul- Palani Highway, Dindigul - 624 002.

Yoga awareness programme

Date: 26.06.21


Venue: Ground

Youth Red Cross of SSM Institute of Engineering and Technology, Dindigul in association with Isha volunteer organized a Yoga awareness programme on 26th June 2021, 09.00AM to 11.00AM in the ground at Govt. Hr. Sec. School, Konur. Nearly, 67 students participated in it.

Program conducted by Swami Thapomula fro Isha, Cbe and accompanied by two members. The programme was started formally by YRC coordinator S. Hemalatha, AP / Maths. After that, Swami Thapomula delivered the speech extolling the importance of yoga. He started the class by giving warm up exercises and games. This programme was conducted for the students which will be a trigger a whole new way of enhancing themselves.

He created an awareness on the care of their own health and that of others. Understanding and acceptance of civic responsibilities and acting accordingly with humanitarian concern, to fulfill the same. To enable the growth and development of, spirit of service and sense of duty with dedication and devotion in the minds of youth. To foster better friendly relationship with all, without any discrimination. He explained that yoga in daily life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. This gives the space to connect with loved ones and maintain socially healthy relationships. Finally, he says that, if we are healthy then we are in touch with our inner Self, with others and our surroundings on a much deeper level, which adds to our spiritual health. The session ended with the Vote of thanks.

Program Co-ordinator:

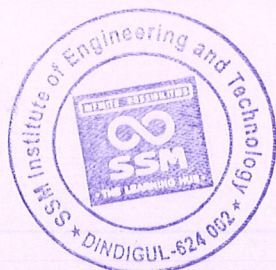
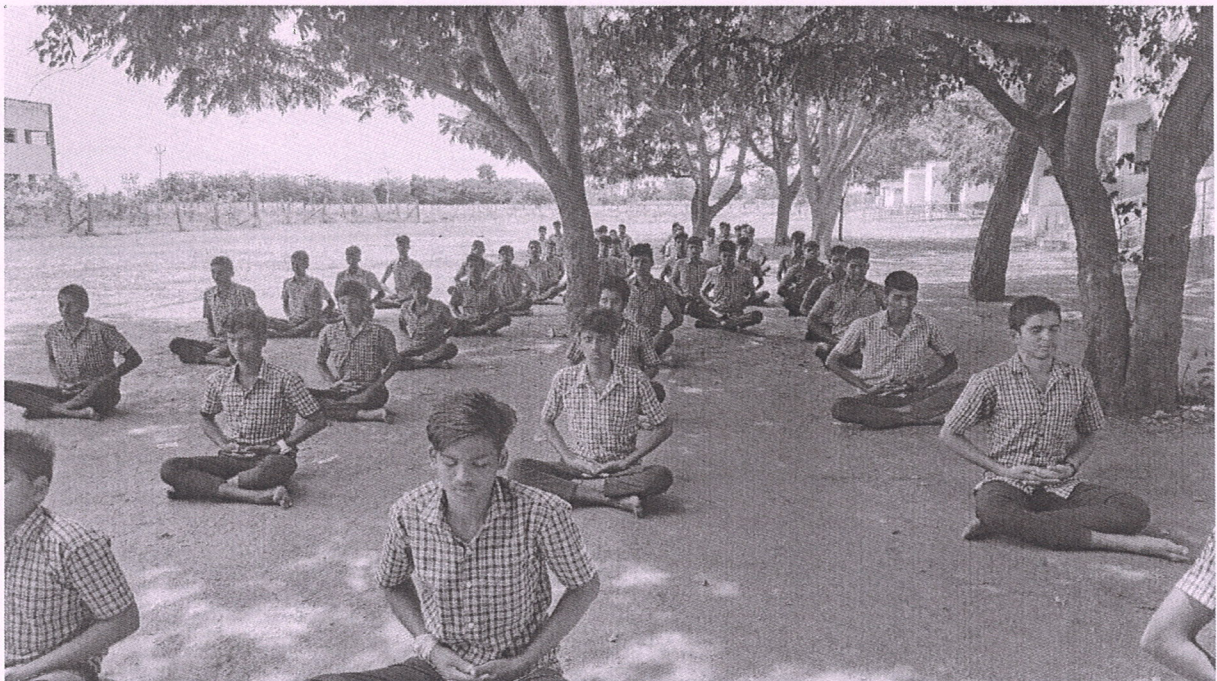
Mrs .S. Hemalatha, AP/Maths 

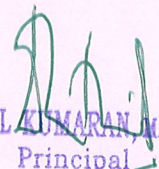


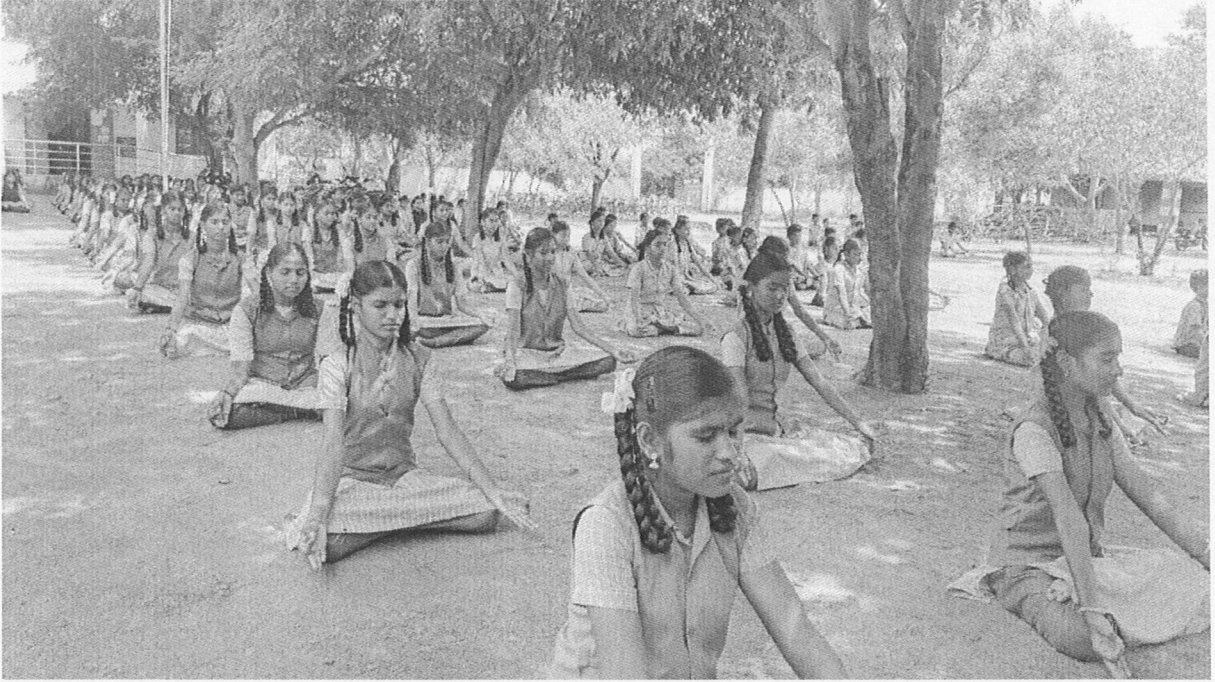
PRINCIPAL

Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal
SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindalagundu (Po),
Palani Road, Dindigul - 624 002.

Yoga awareness programme




Dr. D. SENTHIL KUMAR, M.E., Ph.D., (NUS)
Principal
SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindalagundu (Po),
Palani Road, Dindigul - 624 002.



Govt. Hr. Sec. School students, Konur

Handwritten signature or initials.



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

Participants List (IX Standard)

Sl.No	Name	Signature
1	AAKASH R	Aakash
2	ABESHEIK MAJESTY L	Abesheik
3	ABINASH R	Abinash
4	AJITH KUMAR R	Ajith Kumar
5	AKASH A	Akash
6	AMIR FAIZAL M	Amir Faizal
7	BOSCO DENI R C	Bosco Deni
8	DEERAVIKRAMAN C K	Deeravikraman
9	DINESH S	Dinesh
10	DINESH KUMAR R	Dinesh
11	GANESAN T	Ganesan
12	GOPIKRISHNAN R	Gopikrishnan
13	JALALDEEN J	Jalaldeen
14	JANAKI RAMAN S	Janaki Raman
15	JESTIN JAYAKUMAR V	Jestin Jayakumar
16	JEYAKKAMALESH B A	Jeyakkamalesh
17	JEYA PRAKASH B	Jeya Prakash
18	JOHN MOSES SANDREZ J	John Moses
19	KAMALAKANNAN V	Kamalakannan
20	LOGESH D	Logesh D
21	MALATHI T	Malathi
22	MANIKANDAN C	Manikandan
23	MANIKANDAPRABU G	Manikandaprabu
24	MANIVENKATESH S	Manivenkatesh
25	MARUTHA MUTHU G	Marutha Muthu
26	MOHAMED FAZIL S	Mohamed Fazil
27	MOHAMEDSAMEER M	Mohamed Sameer
28	MOHANLAL S	Mohanlal
29	NAGENTHIRAN N	Nagenthiran
30	NAVEEN I	Naveen
31	NITHISH KANNA I	Nithish Kanna

Sl.No	Name	Signature
32	MOHANA PRIYA R	R. Must
33	REVENTH KUMAR L	L. Revanth
34	ROBINSON K	Robn. k
35	SABAPATHI M	Sambath. m
36	SANGEERANI KAMU M	Sangeetha. m
37	SANGHAVI T	Sunt. S.
38	SARANYA S	Saranya. S
39	SATHYARAJ P	Sathya. P.
40	SELVAGANAPATHY C	Selvagam. C
41	SHANKAR A	Shankar. A
42	SHARMILA DEVI M	Sharmila. M
43	SHARMILA K	Sharmila. K
44	SIVA RAMA S	Siva Rama. S
45	SIVA SHANKAR V	Siva Shankar. V
46	SRI VITHYA S	Sri Vithya. S
47	SUBASH C	Subash. C
48	SUBASHINI B	Subashini. B
49	SUDHAKAR P	Sudha
50	SUGADEV S	Sugadev
51	SURIYA PRABHA S	Suriya
52	SURYAKUMAR P	Surya
53	SWATHI I	Swathi
54	TAMIL SELVAN M	Tamil
55	THAMARAI SELVI N	Tharalai
56	USHA PRIYA K	Usha
57	VIGNESH PANDIAN R	Vignesh
58	VIGNESHWARAN S	Vignesh
59	VIJASRI D	Vijasri
60	VIJAYASHRI M	Vijayashri
61	VIMALA G	Vimala
62	VINIL KUMAR M	Vinil. Kumar
63	KARTHICK RAJA S	Karthick
64	KARTHICK B	Karthick
65	KARTHIKSHARAN P	Karthicksharan
66	KOTEESWARAN B	Koteeswaran
67	KUPPUSAMY G	Kuppasa