

Capacity Development and Skills
Enhancement Activity
LIFE SKILLS -YOGA

11th June 2019

From

Dr. S. Vijayalakshmi,
Yoga Club In-charge,
Rajiv Gandhi College of Engineering and Technology,
Kirumampakkam, Puducherry - 607 403.

To

The Principal,
Rajiv Gandhi College of Engineering and Technology,
Kirumampakkam, Puducherry - 607 403.

Respected Sir,

Sub: Need permission to celebrate International Yoga Day June 2019 for the department of CSE, ECE, IT, MECH, EEE and BME. -Req.- Reg.

We have planned to celebrate International Yoga Day 2019 for the department of CSE, ECE, IT, MECH, EEE and BME students on the behalf of Yoga Club in our college campus in PG Block ,1st floor Seminar Hall on 21st June 2019 at 9.00 AM. I request you to kindly grant permission to conduct the same.

Thanking you,

Yours sincerely,



(Dr. S. Vijayalakshmi)
YOGA Club In-Charge

Dr. S. VIJAYALAKSHMI
Yoga Club In-charge
Rajiv Gandhi College of
Engineering and Technology
Puducherry - 607 403.



Dr. E. VIJAYAKRISHNA RAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.



RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

YOGA CLUB - ACADEMIC YEAR 2019-2020

No: RGCET/YogaClub/Circular/2019-20/YC01

Date: 14.06.2019

CIRCULAR

Our Yoga Club has planned to conduct the International Yoga Day'19 for our students on 21.06.2019. We request all the students to participate and get benefited.

All are invited

YOGA CLUB IN-CHARGE

Dr. S. VIJAYALAKSHMI

Yoga Club In-charge
Rajiv Gandhi College of
Engineering and Technology
Puducherry - 607 403.

Copy to:

1. Circulate to all Faculty Members and students of all departments.
2. Notice board / file.

Dr. E. VIJAYAKRISHNA RAPA

B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IT Materials)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,

PRINCIPAL

Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 403.



Rajiv Gandhi College of Engineering and Technology


PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

International
YOGA
day
(IYD)

TO CELEBRATE IYD'19 FOR OUR
STUDENTS ORGANIZED BY
YOGA CLUB

DATE  June 21, 2019

TIME  09.00 A.M.

VENUE  Seminar Hall


Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumapakkam, Puducherry - 605 005



RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

International Yoga Day Report

Date:	21 st June 2019
Venue:	Seminar Hall, PG Block
Organized by:	YOGA Club
Objective:	To celebrate and promote the practice of yoga for physical, mental, and spiritual well-being.

Highlights of the Event:


The event commenced with a ceremonial lighting of the lamp by Dr. E. Vijayakrishna Rapaka, Principal, RGCET followed by a brief introduction about the significance of yoga in modern life.

Participants were engaged in various yoga sessions conducted by certified instructors. The sessions included:

- o Nadi Shuddhi, Nadha Yoga
- o Suriya Sakthi
- o Pranayama and Meditation

The Nadi Shuddhi practice cleanses the nadis. It is the pathways through which pranic energy flows and its resulting in a balanced system and psychological wellbeing. After doing Nadi Shuddhi, the students were benefited as physical and ensure psychological wellbeing. It balances the system. The Suriya Sakthi makes the sinews and ligaments of the body strong; it keeps mind and body in absolute stillness; it helps to be in higher states of energy and also it increases mental alertness and focus.

The event concluded with a closing ceremony thanking participants and volunteers for their support in making the event successful. The International Yoga Day celebration on 21st June was a resounding success, bringing together individuals from all walks of life to experience the transformative power of yoga. The event not only promoted physical health but also highlighted yoga's role in achieving mental peace and spiritual harmony.


YOGA CO-ORDINATOR
Dr. S. VIJAYALAKSHMI
Yoga Club In-charge
Rajiv Gandhi College of
Engineering and Technology
Puducherry - 607 403.


Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IT Mech.),
M.I.S.T.E., F.I.I.P.E., M.C.S.I.M.C.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology,
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 403.

PHOTOGRAPHS OF YOGA SESSION CONDUCTED IN SEMINAR HALL



Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL

Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,



RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

LIST OF PARTICIPATED STUDENTS FOR INTERNATIONAL YOGA DAY – 21 JUNE 2019

S.NO	NAME	DEPT/YEAR
1	PREMKUMAR JR	III CSE
2	REZWAN S	III CSE
3	VIGNESHWARAN	III CSE
4	ADHITHAN M	III CSE
5	AVULA LAKSHMI TEJA	III CSE
6	BAGHIRADHAN S	III CSE
7	CHARANYA B	III CSE
8	MONISH SRI B	III CSE
9	MUTHUKUMARAN G	III CSE
10	NAGANANDHINI P	III CSE
11	MUTHUKUMAR S	IV CSE
12	AJAY R	IV CSE
13	ARAVIND S	IV CSE
14	DHINESH S	IV CSE
15	DHINESHKUMAR R	IV CSE
16	ELANGO N	IV CSE
17	ESWAR M	IV CSE
18	GIRIDHARAN G	IV CSE
19	GOKUL C	IV CSE
20	ABITHA	II CSE
21	ABIRAM CHANDRA BARIK	II CSE
22	BALAJI	II CSE
23	ESWARI	II CSE
24	JAYASREE	II CSE
25	KATE CHITRITHA	II CSE
26	KEERTHANA	II CSE
27	VENKATESHWARAN R	II IT
28	AKASH S	III IT

Dr. E. VIJAYAKRISHNA RAO

B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIIT),
M.I.S.T.E., F.I.I.P.E., M.C.S., M.C.A.,

PRINCIPAL

Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road.



RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

29	BUDDHI PRASATH SHARMA P	III IT
30	DHIVYA DHARSHINI B	III IT
31	JEROLD A	III IT
32	KAMALI B	III IT
33	AKSHAYA M	IV IT
34	SADEESHKUMAR V	IV IT
35	SARAVANAN V	IV IT
36	ABARNA S	IV IT
37	ARAVIND M	II IT
38	JAYAPRAKASH S	II IT
39	KAVIPRIYA A	II IT
40	PREETHI V	II IT
41	SANGEETHA G	II IT
42	SAVITHA S	II IT
43	SOWNDARYA A	II IT
44	ARUN .G	III ECE
45	ARUNKUMAR .M	III ECE
46	CHANDRAPRAGASH .A	III ECE
47	DAKSHA .V	III ECE
48	DANUSH ADITYA .U	III ECE
49	ASWANDHAN R	IV ECE
50	BIJAY SHARMA G	IV ECE
51	CHARANYA B	IV ECE
52	DEVASANGEETHAN D	IV ECE
53	BHARATH L	II ECE
54	DIRAVIYA I	II ECE
55	GIRIJA V	II ECE
56	VANDANA MADARASI J	III BME
57	AYESHABI B	III BME
58	BADRINARAYANAN S	III BME

Dr. E. VIJAYAKRISHNA RAPAKA

B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IT) (USA)
M.I.S.T.E., F.I.I.P.E., M.C.S., M.C.M.I.,

PRINCIPAL

Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road

Kirumampakkam, Puducherry - 607 403.



RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

59	BENIEL LEO A	III BME
60	DEVAGANAPATHY S	III BME
61	GLORY SAHANA S	IV BME
62	GOPINATH A	IV BME
63	HARI P	IV BME
64	HARISH S	IV BME
65	LUVEEN RITHISH C	II EEE
66	MANIBHARATHI R	II EEE
67	NISHANDHANI R	II EEE
68	PRASHANTH T	II EEE
69	SANJAY V	II EEE
70	SARAN P	II EEE
71	SHANMUGAVELAN N	II EEE
72	BALAJI M	III EEE
73	DEEPAK L	III EEE
73	MANO T	III EEE
75	MANO T	IV EEE
76	MOHAMED ISMAIL A	IV EEE
77	ARUNACHALAM R	IV EEE
78	HARSHINI R	IV EEE
79	ANJALI VINOD	II BME
80	DHARANESH.B	II BME
81	MANUMITHRA.S	II BME
82	VIJAI K	IV BME
83	VISITHRA V	IV BME
84	MAJJARI KALYAN KUMAR	IV BME
85	THIVAKAR B	III BME
86	UMABARATHI R	III BME
87	VANDANA MADARASI J	III BME
88	VIGNESH N	III BME

Dr. E. VIJAYAKRISHNA RAPAKA

B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.Sa M.C.M.I.,

PRINCIPAL

Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.



RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY


(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

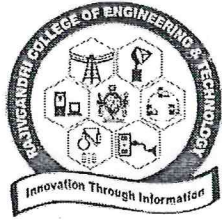
(Sponsored by Sri Balaji Educational and Charitable Public Trust)

Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

89	YUVARAJ R	III BME
90	DURAIMURUGAN S	II MECH
91	HARISH R	II MECH
92	JOHN KUMAR J	II MECH
93	KUMARESH T	II MECH
94	MOULEEN E	II MECH
95	ARUN PV	IV MECH
96	BALAKUMARAN G	IV MECH
97	BARATHKUMAR S	IV MECH
98	ESWAR S	IV MECH
99	EZHILVATHANAN E	IV MECH
100	GAUTAM N	IV MECH
101	ASHWANTH V	III MECH
102	ASRAF ALI M	III MECH
103	BALAJI U	III MECH
104	BOOVANESH D	III MECH
105	BREETLEE J	III MECH
106	GIRIDHARAN G	III MECH
107	GOBINAATH K	III MECH
108	GODWIN VICTOR PEREIRA	III MECH
109	HIRANLAL K	III MECH
110	JAYAPRASATH R	III MECH
111	KARAN KUMAR S	III MECH
112	MURUGA P	III MECH
113	NARENDREN D	III MECH


YOGA CO-ORDINATOR
Dr. S. VIJAYALAKSHMI
Yoga Club In-charge
Rajiv Gandhi College of
Engineering and Technology
Puducherry - 607 403.


Dr. E. VIJAYAKRISHNA R.
B.Tech. (Mech.), M.Tech. (Energy), Ph.D.
M.I.S.T.E., F.I.I.P.E., M.C.S.
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.



Rajiv Gandhi College of Engineering and Technology

PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

CERTIFICATE OF PARTICIPATION

This Certificate Is Presented To

Preethi V

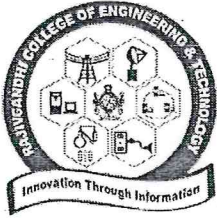
of II-IT for participating in the International Yoga Day conducted by
Yoga club of Rajiv Gandhi College of Engineering and Technology on 21st

June 2019

S. V.
DR.S.VIJAYALAKSHMI
Yoga Club Incharge

[Signature]
Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.

[Signature]
DR.E.VIJAYAKRISHNA RAPAKA
Principal



Rajiv Gandhi College of Engineering and Technology

PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

CERTIFICATE

OF PARTICIPATION

This Certificate Is Presented To

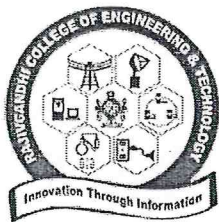
Arun G

of III-ECE for participating in the International Yoga Day
conducted by Yoga club of Rajiv Gandhi College of Engineering
and Technology on 21st June 2019

S. V.
DR.S.VIJAYALAKSHMI
Yoga Club Incharge

[Signature]
Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.J. M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402

[Signature]
DR.E.VIJAYAKRISHNA RAPAKA
Principal



Rajiv Gandhi College of Engineering and Technology

PONDY-CUDDALORE ROAD, KIRUMAPAKKAM, PUDUCHERRY

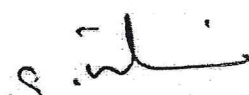
CERTIFICATE


OF PARTICIPATION

This Certificate Is Presented To

Hari P

of IV-BME for participating in the International Yoga Day
conducted by Yoga club of Rajiv Gandhi College of Engineering
and Technology on 21st June 2019


DR.S.VIJAYALAKSHMI
Yoga Club Incharge


Dr. E. VIJAYARISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
Kirumampakkam, Puducherry - 607 402.


DR.E.VIJAYARISHNA RAPAKA
Principal