


Circular

There will be meeting for the
Yoga and Meditation all members
on 6.10.2022 at 3.00pm.

T. Rama.
Yoga & Meditation
Co-ordinator


Principal

Members:

1. Dr. S. Ramechandra - Bangalore
2. C. Vijay Anand - Chennai
3. S. Soganya - Chennai
4. P. Krishnamoorthy - Chennai
5. M. Dharshini Priya - M. Chennai
6. M. Senthil - Sif. 10
7. L. PANDIRA - L. Z.
8. B. Sathish Kumar - B. S. A. K.
9. M. Satya. - Chennai

MINUTES OF THE MEETING

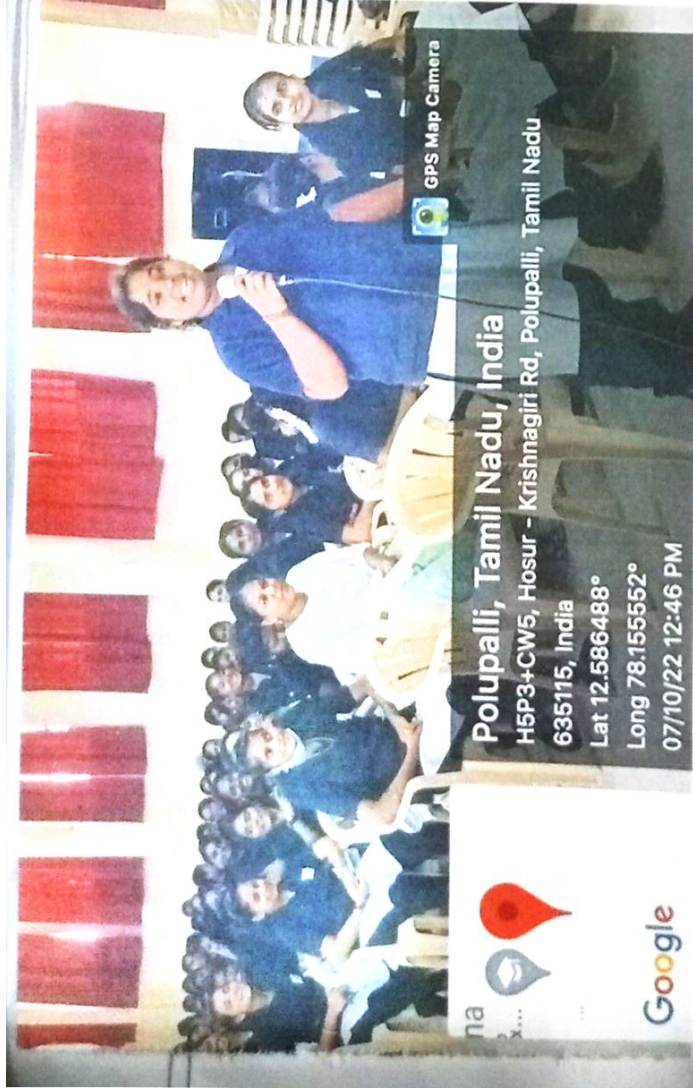
Meeting was conducted for the
yoga & Meditation Committee
Members on 06.10.22 at 3pm.

All the Committee members attended
the meeting.

We are planning to invite Resource
Person for sky yoga & Meditation
centre, Kaishnogi. On 9.11.22
to create awareness among the
Student about yoga & Meditation.

T. Omana.
Yoga & Meditation
Co-ordinator


Principal



Polupalli, Tamil Nadu, India

H5P3+CW5, Hosur - Krishnagiri Rd, Polupalli, Tamil Nadu

635115, India

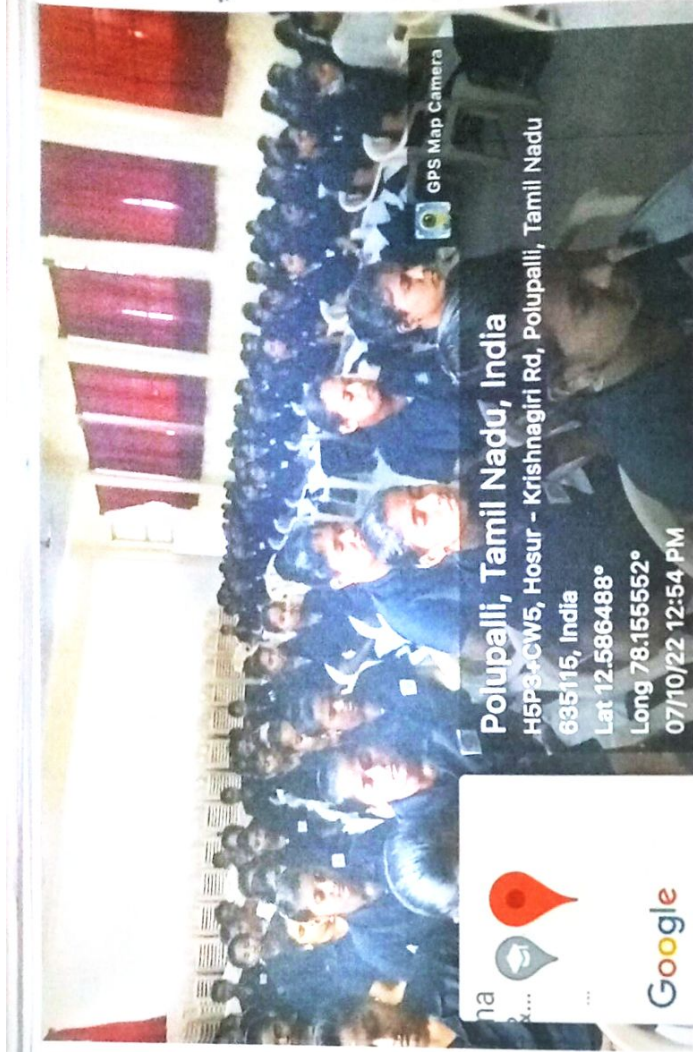
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Long 78.155552°

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Polupalli, Tamil Nadu, India

H5P3+CW5, Hosur - Krishnagiri Rd, Polupalli, Tamil Nadu

635115, India

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635115, India

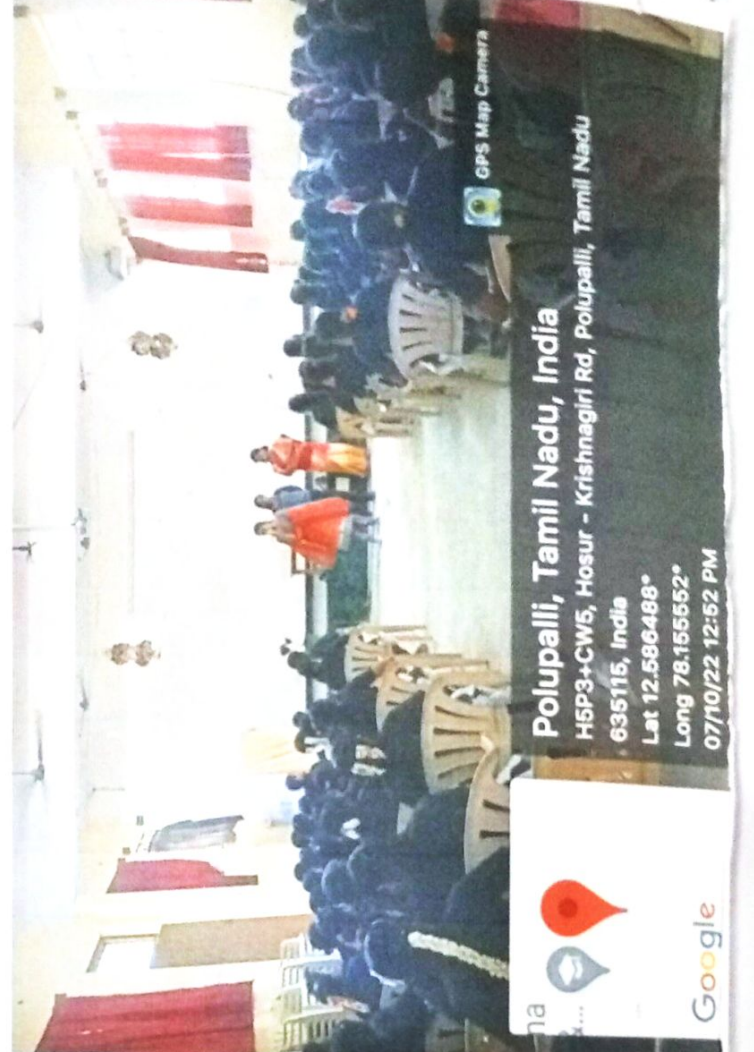
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Polupalli, Tamil Nadu, India

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635115, India

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REPORT

A Special Programme was conducted on 7.10.2022 at 12.00pm in College Auditorium. On behalf on Yoga & Meditation cell.

Dr. S. Dhanapal, Principal & Chairman of IQAC Presided over the Programme. The IQAC Co-ordinator & Co-coordinator were also present over the dias, Mrs. T. Prema (Yoga & meditation) Co-ordinator organized the Programme.

The members from Sky Yoga & Meditation Centre, Krishnagiri. Mrs. Rajam and Mrs. K. Vijayalakshmi gave a motivational speech about Yoga. They Practised meditation for about 15 min to the students. They also asked about the feedback & the students informed they were inspired and motivated about the class.

T. Prema.
Yoga & Meditation
Co-ordinator.


Principal

Members

1. Dr. S. Ramesh Chandraan - A. Sampath
2. C. Vijay Anand - C. Anand
3. S. Suganya - S. Suganya
4. P. K. S. N. Murthy - P. K. S. N. Murthy
5. M. Dharshini Priya - M. Dharshini Priya
6. M. Senthil - S. Senthil
7. L. PINDIRA - L. Pindira
8. B. Sathish Kumar - B. Sathish Kumar
9. M. Sathya - M. Sathya