

YOGA CLUB

- **FACULTY CO-ORDINATOR:** Mrs.R. Sangeetha, AP(S.G)/Physics
- **STUDENT CO-ORDINATOR:** Ms Samaa Vaishnavi S, III B.Tech AI&DS

Certificate Courses Conducted:

ACADEMIC YEAR	NAME OF THE CERTIFICATE COURSE	YEAR/ BRANCH	NO. OF STUDETNS BENEFITTED
2024-2025	Yoga Induction Programme-2024	I Year	292 students
2023-2024	Yoga Induction Programme - 2023	I Year	300 students
2022-2023	Yoga for youth empowerment	IV Year	140 Students

Events organized:

ACADEMIC YEAR	DATE	PROGRAMME	RESOURCE PERSON	NO. OF STUDENTS ATTENDED
2025-2026	21.06.2025	Life Skill Programme - "Yoga for One Earth, One Health"	Mr. Chandramohankumarr, Central Government Certified RPL 6 Senior Trainer,	161
2024-2025	02.05.2025	Seminar on "Enhancing all Dimensions of Health by Yoga"	Dr M Malini, Associate Professor and Head, Department of Computer Science and Business System	56
2024-2025	21.06.2024	International Yoga Day "Yoga for Self and Society"	Arulnidhi Mr.Kalimuthu, Vedhatri Maharishi, MVKM Trust	94
2023-2024	21.06.2023	International Yoga Day "Yoga for Youth Empowerment"	Arulnidhi Mr.Kalimuthu, Vedhatri Maharishi, MVKM Trust	330
2022-2023	21.06.2022	Yoga for Youth Empowerment	Ms.Parameswari.S, WCSC-certified yoga trainer, Coimbatore & Ms.Santhiya, WCSC-certified Yoga trainer, Coimbatore	135
2021-2022	20.09.2021	Marriage Preparation Course	Ms. Parameswari.S, WCSC-certified yoga trainer, Coimbatore & Ms. Santhiya, WCSC-certified Yoga trainer, Coimbatore.	150
2020-2021	21.06.2021	Yoga for Youth Empowerment	Ms. Parameswari WCSC-certified Yoga trainer, Coimbatore	120

2019-2020	21.09.2019	Fit for Future through Yoga Practice on International Day of Yoga	Ms.B.S.Elamurugen Life Skill Trainer Yoga Practitioners From Shri Ram Chandra Mission Naachipalayam, Coimbatore. MS.S.Parameswari Life Skill Trainer Yoga Practitioners From Shri Ram Chandra Mission Naachipalayam , Coimbatore	112
2018-2019	11-7-2018	Kayakalpa Payirchi	Prof.S.Mohanasundaram Yoga Trainer, Vethathiri Maharishi Yoga Center Coimbatore.	60
2018-2019	20-6-2018 to 22-6-2018	Meditation - Eight Limbs of Yoga - International Day of Yoga'18	Thiru .Vinod, Technology Director, Focus Prism Pvt Ltd, & Mrs.Rajeshwari, Yoga Practitioners from Shri Ram Chandra Mission , Naachipalayam Coimbatore.	242
2017-2018	22-09-2017	Kaya Kalpa Yoga	Prof. Ms. Poongodi World Community Service Centre, Coimbatore.	273
2017-2018	20-6-2017 & 21-6-2017	International Day of Yoga - 2017	Thiru .Vinod, Technology Director, Focus Prism Pvt Ltd, Yoga Practitioners from Shri Ram Chandra Mission , Naachipalayam Coimbatore	161
2016-2017	17-08-2016	Kayakalpa Payirchi	Prof. S.Mohanasundaram Vethathiri Maharishi Yoga Center, Coimbatore.	268

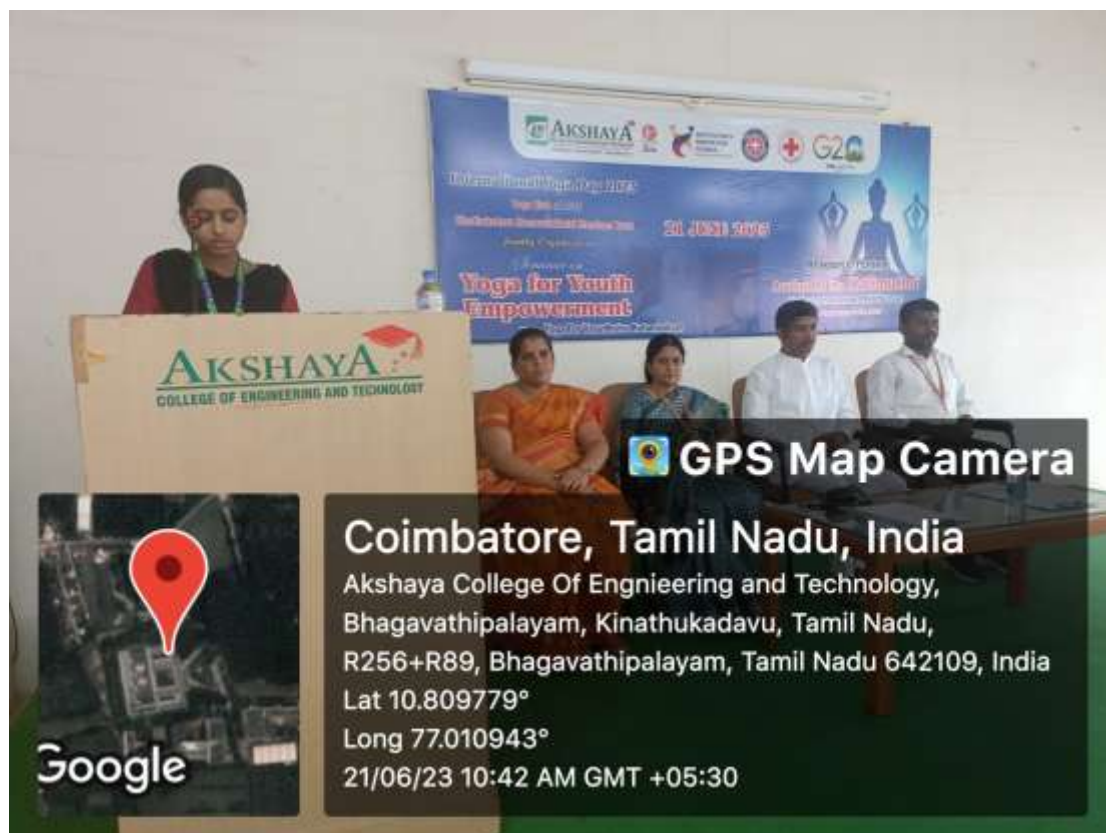
2015-2016	02-08-2015	Kayakalpa Payirchi	Prof. Mohanasundaram Vethathiri S. Maharishi Yoga Center, Coimbatore.	320
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Students Participated in “Yoga for One Earth, One Health” programme conducted on 21.06.2025



Students Participated in “Yoga for Youth Empowerment” programme conducted on 21.06.2022



International Yoga Day celebration on 21.06.2023



Students Participation in Certificate course on “Yoga for Youth Empowerment”

Events Organized:

Academic Year 2025-2026

Name of the Event: Surya Namaskar Marathon

Date: 15.09.2025

Boys:

S.No.	Name of the Student	Class/Branch	Position
1	Harivathsan G	IV/ECE	I
2	Bharath Raj K	I/ AI&DS	II
3	Srikanth S	II/CSE	III
4	Chinnadurai I	I/EEE	III

Girls:

S.No.	Name of the Student	Class/Branch	Position
1	Nishalakshmi S	I/ECE	I
2	Rithika G	I/AI&DS	II
3	Monisha R	III/AI&DS	III

Academic Year 2024-2025

Name of the Competition: Yoga Fusion: Mastering Mind, Body and Spirit

Date: 15.03.2025

S.No.	Name of the Student	Class/Branch	Position
1	Harivathsan G	III/ECE	I
2	S Dinesh	III/B.E CSE	II
3	S Sama Vaishnavi	II/B.Tech AIDS	III

Name of the Competition: Yogastar Contest

Date:28.08.2024

S.No.	Name of the Student	Class/Branch	Position
1	Harivathsan G	III/ECE	I
2	S Dinesh	III/B.E CSE	II
3	S Sama Vaishnavi	II/B.Tech AIDS	III

Name of the Competition: Yogastar Contest

Date:28.08.2024

S.No.	Name of the Student	Class/Branch	Position
1	Harivathsan G	III/ECE	I
2	Syed Sha Mohamed Jafar	II/CSBS	II
3	Srikanth S	II/CSE	III
4	Shatakshi M D	III/ECE	III



Academic Year 2023-2024

Date:23.03.2024

Name of the Competition: Yoga for Men (Singles)

S.No	Name of the Students	Year	Position
1	Shalom I	IV/B.E Mechatronics	I Prize
2	Yugesh S	IV/B.E Mechatronics	II Prize
3	Srikanth	I/B.E CSE	III Prize

Name of the Competition: Yoga for Women (Singles)

S.No	Name of the Student	Year/Department	Position
1	Vidhyabharathi J	IV/B.E ECE	I Prize
2	AmirthaYogalakshmi A	IV/B.E ECE	II Prize

AcademicYear2022-23(ODD)

YOGA FOR WOMEN -TEAM

S.No	Name of the Students	Year	Position
1	Amirtha Yohalakshmi. A Vidhya Bharathi. J	III ECE III ECE	Winner
2	Varshini. N Mallem Sai Pushpa Hemalatha. K	III CSE I CSE II ECE	Runner

YOGA FOR WOMEN - SINGLES

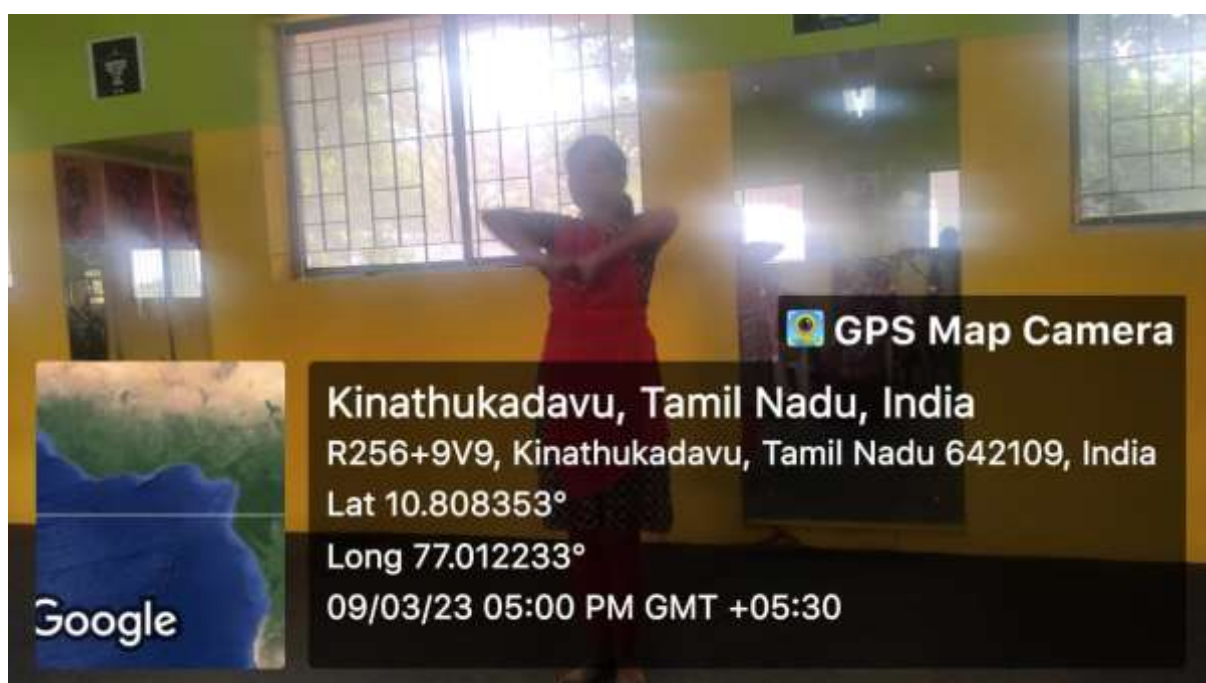
S.No	Name of the Students	Year	Position
1	Vidhya Bharathi. J	III ECE	Winner
2	Mallem Sai Pushpa	I CSE	Runner

YOGA FOR MEN –TEAM

S.No	Name of the Students	Year	Position
1	Hariharan M Akash	IV EEE IV EEE	Winner
2	Yugesh Sudharasan	III Mechatronics IV CSE	Runner

YOGA FOR MEN –SINGLES

S.No	Name of the Students	Year	Position
1	Yugesh	III Mechatronics	Winner
2	Shalom I	III Mechatronics	Runner



Students Participated in “Yoga competition” conducted on 09.03.2023