



## YOGA CLUB

**FACULTY CO-ORDINATOR:** Mrs. R. Sangeetha, AP(S.G)/Physics

**STUDENT CO-ORDINATOR:** Ms. Samaa Vaishnavi S, IV B.Tech AI&DS

### Certificate Courses Conducted

| Academic Year | Name of the Certificate Course  | Year/Branch | No. of Students 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 |
|---------------|------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------|
| 2026-2027     | 22.06.2026 | A Special Wellness Session on the topic Tone Your Mind, Tune Your Body | Dr. Divya Jayakumar, Senior Physiotherapist & Fitness Coach                                                        | 50                       |
| 2025-2026     | 21.06.2025 | Life Skill Programme - "Yoga for One Earth, One Health"                | Mr. Chandramohankumarr, Central Government Certified RPL 6 Senior Trainer                                          | 161                      |
| 2025-2026     | 02.05.2025 | Guest Lecture on "Enhancing All dimension of Health by Yoga"           | Dr M Malini, Associate Professor, ACET                                                                             | 125                      |
| 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                      |



| Academic Year | Date                   | Programme                                                         | Resource Person                                                                                                                                                                                                                            | No. of Students Attended |
|---------------|------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 2019-2020     | 21.09.2019             | Fit for Future through Yoga Practice on International Day of Yoga | Ms. B.S. Elamurugen, Life Skill Trainer<br>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. S. Mohanasundaram, Vethathiri Maharishi Yoga Center, Coimbatore                                                                                                                                                                      | 320                      |



Students Participated in "Yoga for One Earth, One Health" programme conducted on 21.06.2025



Excellence in Higher Education  
**AKSHAYA**  
COLLEGE OF ENGINEERING AND TECHNOLOGY  
(Approved by AICTE, Recognized by UGC, and Affiliated to Anna University)  
Accredited by AACSB, Accredited by NBA, UG programmes of CSE, ECE & OVE,  
Kinathukadavu, Coimbatore-642109, www.acetcb.edu.in  
AN AUTONOMOUS INSTITUTION



*Students Participated in "Yoga for Youth Empowerment" programme conducted on 21.06.2022*



*International Yoga Day celebration on 21.06.2023*

## Events Organized — Competitions

Academic Year 2025-2026

Name of the Event: Asana Star Quest

Date: 09.02.2026

| S.No. | Name of the Student | Class/Branch       | Position |
|-------|---------------------|--------------------|----------|
| 1     | Narasimman.K        | I-B.Tech AI&DS     | I        |
| 2     | Akila.D             | I-B.E Mechatronics | II       |
| 3     | Chinnadurai.I       | I-B.E EEE          | III      |

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     | Syed Sha Mohamed Jafar S | II/CSBS      | II       |
| 3     | Srikanth S               | II/CSE       | III      |
| 4     | Shatakshi M D            | III/ECE      | III      |

### Academic Year 2023-2024

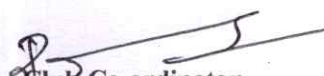
Date: 23.03.2024

### 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 |

  
Club Co-ordinator  
(P. Srinivasan, A. P. Singh)



Principal  
Principal  
Akshaya College of Engineering and Technology  
(Autonomous)  
Kinathukadavu, Coimbatore-642109