

CIRCULAR

Ref: RIT / T&P / CIR / 018

18.06.2022

It is to be informed that the Yoga - International Yoga day for All Year students is scheduled on 20.06.2022.




Principal

Copy to:

Vice Chairman - for kind information

Director / Deans

All HODs - with a request to circulate among all staff members.

AO / HR


PRINCIPAL
RAJALAKSHMI INSTITUTE
OF TECHNOLOGY
KUTHAMBAKKAM, CHENNAI-600 124

International Yoga day


Name of the Program : International Yoga day
Name of the Resource Person : Mr.Jothi Basu,Physical Director,RIT Chennai
Date : 20.06.2022
Time : 8.00 AM- 3.00 PM
No of Beneficiary : 52



Yoga Day

- On 20.06.2022 WEC, RIT- health vertical conducted a yoga session as per instructions received from YI to conduct an event on the declared health week for international yoga day to emphasize the importance of Yoga and physical exercises in daily life.
- Students from various departments and years were involved in this Yoga On the lawn event.
- The event was headed by a physical trainer who was well knowledgeable and expertised in yoga and have been practicing Yoga regularly for the past 15 years.
- Coordinators were arranged who were also expertised in yoga and asanas to help us in case we had trouble performing or understanding asanas.
- Post workout session the trainer gave us a brief class about the benefits of yoga and about the history of yoga and its practices.
- The students were able to identify the difference where a short session of yoga and meditation can give them more mental strength in which they were able to concentrate a lot longer and give them eternal peace and give more control over their body.




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About The College

Rajalakshmi Institute of Technology is one of the best engineering colleges in Chennai and is part of Rajalakshmi Institutions, which has been synonymous with providing excellence in higher education to students for many years. Rajalakshmi Institute of Technology was established in 2008 and is affiliated with Anna University Chennai. It is one of the AICTE-approved colleges in Chennai New Delhi, and also offers NBA-approved courses.

Programme Outcomes

This course aims to:

- The event was headed by a physical trainer who was well knowledged and expertised in yoga and have been practicing Yoga regularly for the past 15 years.
- Coordinators were arranged who were also expertised in yoga and asanas to help us in case we had trouble performing or understanding asanas.

Speakers

Mr. Jothi Basu,
Physical Director,
Rajalakshmi Institute of Technology (RIT),
Chennai - 600124.

Yoga - International Yoga day

20.06.2022

For All Year students

Organised by
Training and Placement Department, RIT



RAJALAKSHMI INSTITUTE OF TECHNOLOGY
Kuthambakkam, Chennai - 600124
DEPARTMENT OF TRAINING AND PLACEMENT
Student Enrollment - Yoga - International Yoga Day

S.N.O	ROLL NUMBER	NAME	DEPT
1	202101001	AATHINEHA R	CSE
2	202101002	ABHISHAI ANANDARAJ J	CSE
3	202101003	ABISHEAK J	CSE
4	202101004	ABISHEIK S	CSE
5	202101005	ABISHEK M	CSE
6	202101006	ADHITYAVARMAN S S	CSE
7	202101007	ADITHYA M S	CSE
8	202101008	AFSHAN FATHIMA K	CSE
9	202101009	AISHWARYA S	CSE
10	202101010	AKILANDESWARI G	CSE
11	202007003	Akash C	AI & DS
12	202002035	Paruchuri Pavan	ECE
13	202002073	Vishnuvardhan D	ECE
14	202001092	Naveen Kumar R	CSE
15	202006003	Akash V	CCE
16	202001159	Veeraraghavan P	CSE
17	202002054	Saranya M	ECE
18	202002040	Rajalakshmi B	ECE
19	202002070	Vignesh Kumar A	ECE
20	202006005	Boomikha S	CCE
21	202006028	Rasa A	CCE
22	202002017	Elangovan N	ECE
23	202006002	Ajmal Mohammed S	CCE
24	202001160	Venkata Sai Deepa A	CSE
25	202006009	Gokul P	CCE
26	202002033	Naveen D	ECE
27	202001161	Vidhyaa Shree C S	CSE
28	202002059	Sriram R	ECE
29	202002007	Bharath K	ECE
30	202001162	Vignesh Kumar S	CSE
31	201802084	Rupini	ECE
32	201802085	Sachin	ECE
33	201802086	Sakthiraam	ECE
34	201802087	Sandhya Shree	ECE
35	201802088	Sangeetha	ECE
36	201802089	Sanjai saravanan	ECE
37	201802090	Sankara ponnapppan	ECE
38	201802091	Santosh Snehal V	ECE
39	201802092	Sarojjini N	ECE
40	201802093	Sethupathy.P	ECE

41	210802094	Shaik Fayaz Ahamed	ECE
42	201802095	SHAIRAM	ECE
43	201802096	Shivabalaji	ECE
44	201802097	Shree balaji	ECE
45	201802098	Shruthi Balaji	ECE
46	201802099	Sindhuja	ECE
47	201802100	sownashree	ECE
48	201802101	Sriharivallabi	ECE
49	201802102	Srinivas	ECE
50	201802103	Stejis	ECE
51	201802104	Subash	ECE
52	201802105	Sudharshan	ECE

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DEPARTMENT OF TRAINING AND PLACEMENT
Yoga - International Yoga Day

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3	202101003	ABISHEAK J	CSE		Abisheak J
4	202101004	ABISHEIK S	CSE		Abisheik S
5	202101005	ABISHEK M	CSE		Abishek M
6	202101006	ADHITYAVARMAN S S	CSE		Aditya
7	202101007	ADITHYA M S	CSE		Adithi
8	202101008	AFSHAN FATHIMA K	CSE		Afshan
9	202101009	AISHWARYA S	CSE		Aishwarya S
10	202101010	AKILANDESWARI G	CSE		Akila
11	202007003	Akash C	AI & DS		Akash C
12	202002035	Paruchuri Pavan	ECE		Paruchuri Pavan
13	202002073	Vishnuvardhan D	ECE		Vishnuvardhan D
14	202001092	Naveen Kumar R	CSE		Naveen Kumar R
15	202006003	Akash V	CCE		Akash V
16	202001159	Veeraraghavan P	CSE		Veeraraghavan P
17	202002054	Saranya M	ECE		Saranya M
18	202002040	Rajalakshmi B	ECE		Rajalakshmi B
19	202002070	Vignesh Kumar A	ECE		Vignesh Kumar A
20	202006005	Boomikha S	CCE		Boomikha S
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36	201802089	Sanjai saravanan	ECE		Sanjai saravanan
37	201802090	Sankara ponnappan	ECE		Sankara ponnappan
38	201802091	Santosh Snehal V	ECE		Santosh Snehal V
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47	201802100	sowrnashree	ECE		sowrnashree
48	201802101	Sriharivallabi	ECE		Sriharivallabi
49	201802102	Srinivas	ECE		Srinivas
50	201802103	Stejis	ECE		Stejis
51	201802104	Subash	ECE		Subash
52	201802105	Sudharshan	ECE		Sudharshan

CERTIFICATION of APPRECIATION

THIS IS PRESENTED TO

**for participating in the Yoga - International Yoga day
held on 20.06.2022 conducted at
Rajalakshmi Institute of Technology**

PLACEMENT OFFICER



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THIS IS PRESENTED TO

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for participating in the Yoga - International Yoga day
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J. Sai...

PLACEMENT OFFICER

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THIS IS PRESENTED TO

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Rajalakshmi Institute of Technology

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PLACEMENT OFFICER

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[Signature]

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