



# Yoga Day 2024



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi / Affiliated to Anna University, Chennai / Accredited by NAAC)  
(Accredited by NBA - ECE, EEE and MECH UG programs)  
Dindigul - Palani Highway, Dindigul - 624 002

**Yoga Club of SSMIET** in association  
with Temple of consciousness, World community service center,  
Dindigul



June 21, 2024

10.00 a.m to 12.15 p.m

## Tranquil Minds: Faculty Yoga Session

**EMBRACE SERENITY**

**Venue: Above Mess Hall**

**Yoga club incharge/Co-ordinator (s)**

**Dr. M.Rameswari, Prof/Maths**

**Mrs. S.Keerthana, AP/ECE**

**Dr. V.Kandavel, ASP/Mech**

**Dr. M.Manikandan, AP/ECE**

**Convenor**

**Principal**

**Dr. G. Sankaranarayanan,  
Dean (Admin) & HoD/Mech**

**Dr. D. Senthil Kumaran**



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Date: 22.06.2024

## International Yoga Day Celebration: "Tranquil Minds: Faculty Yoga Session"

In celebration of International Yoga Day, our institution hosted a special event titled "Tranquil Minds: Faculty Yoga Session" on June 21, 2024, at 10 a.m. The primary objective of this event was to promote the well-being of our faculty through the practice of yoga.

### Overview of International Yoga Day

International Yoga Day, observed annually on June 21, was established by the United Nations in 2014 to raise awareness worldwide of the many benefits of practicing yoga. This day emphasizes the importance of maintaining a healthy lifestyle, enhancing physical and mental well-being, and fostering unity and harmony among individuals.

### Event Highlights

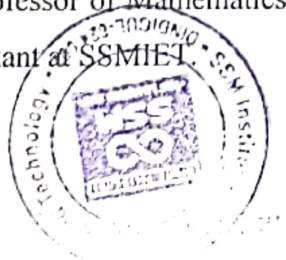
**Yoga Session:** The session was conducted by a renowned yoga instructors Mr. M. Saravanan and Mr.K. Natarajan from Temple of Consciousness, Dindigul who guided the faculty through various yoga postures, breathing exercises, and relaxation techniques. The session aimed to reduce stress, enhance flexibility, and improve overall health.

**Interactive Segment:** Following the yoga session, there was an interactive segment where participants shared their experiences and discussed the positive impacts of yoga on their personal and professional lives.

**Health and Wellness Tips:** The yoga instructor also provided valuable tips on maintaining a healthy lifestyle, including balanced nutrition, regular physical activity, and mindfulness practices.

**Closing Remarks:** The event concluded with closing remarks by the organizer, expressing gratitude to the participants and encouraging them to integrate yoga into their daily routines.

Finally, the yoga trainers were honored for their contributions. Mr. M. Saravanan was honored by Dr. M. Rameswari, Professor of Mathematics at SSMIET, and Mr. K. Natarajan was honored by Mrs. C. Banu, Office Assistant at SSMIET.



Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)  
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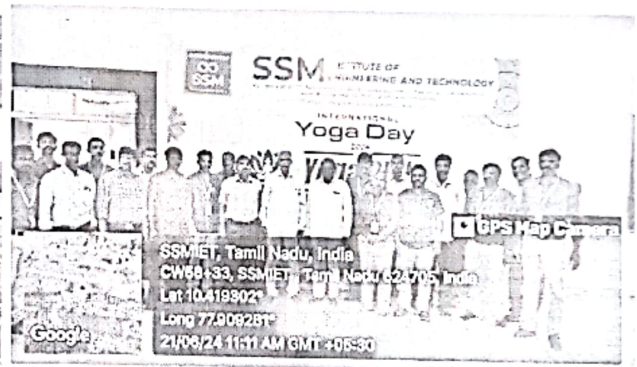
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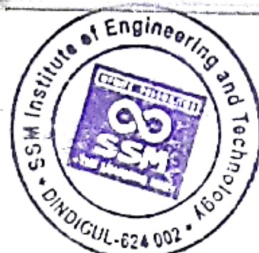
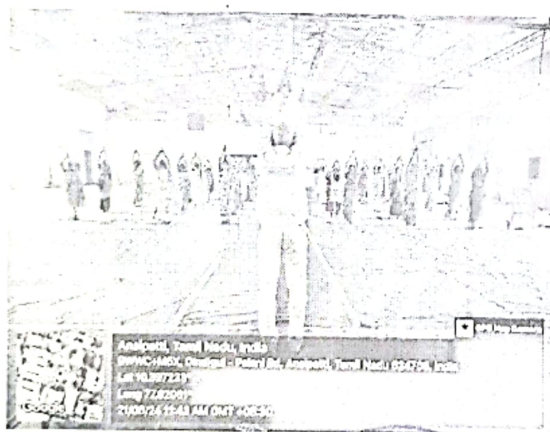
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Date: 21.06.2024

## Male Faculty and staff members (10.00 a.m. – 11.00 a.m.)



## Female Faculty and staff members (11.15 a.m. – 12.15 p.m.)



Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)  
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