

# SSM Institute of Engineering and Technology (Autonomous)

AICTE Approved / Affiliated to Anna University, Chennai / Accredited by NAAC (2029) & NBA (2023)  
Dindigul – Palani Highway, Dindigul 624 002.



## Yoga Club

### REPORT ON INTERNATIONAL YOGA DAY 2025

#### Faculty Yoga Session

*Theme: "Yoga for One Earth, One Health"*

📅 Date of Event: 21st June 2025

🕒 Time: 3:00 PM – 4:30 PM

📍 Venue: Auditorium Above Mess Hall, SSMIET, Dindigul

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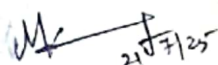
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### Organized by:

Yoga Club, SSMIET

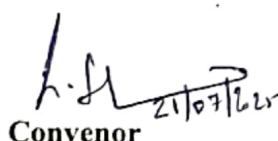
In association with

Temple of Consciousness, World Community Service Center, Dindigul

 21/07/25

S. Keerthana 21/07/25  
Program Coordinator(s)

Mrs. S. Keerthana, AP/ECE  
Mr. M. Kalidasan, AP/EEE

 21/07/25  
Convenor

Dr. G. Sankaranarayanan,  
CoE & Dean /Mech

  
Principal

Dr. D. Senthil Kumaran



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(Accredited by NBA – ECE, EEE & MECH UG Programs)

Dindigul – Palani Highway, Dindigul 624 002



Yoga Club

19.06.2025

Circular

## International Yoga Day 2025 – Faculty Yoga Session

International Yoga Day 2025 will be observed on **June 21, 2025 (Saturday)** with the theme "**Yoga for One Earth, One Health**", highlighting the importance of yoga in promoting both personal well-being and planetary health.

To mark this occasion, a **special yoga session** for faculty members is being organized from **3:00 p.m. to 4:30 p.m. at Auditorium** (Above Mess Hall), in association with the Temple of Consciousness, World Community Service Centre, Dindigul.

Date: **21.06.2025**

Time: **3:00 p.m. to 4:30 p.m.**

Venue: **Auditorium** (Above Mess Hall), SSMIET, Dindigul

All faculty members are cordially invited to participate and experience the benefits of yoga in fostering holistic health and inner harmony.

19/06/25

Program Coordinator(s):

Mrs. S.Keerthana, AP/ECE  
Mr. M.Kalidasan, AP/EEE

19/06/2025

Convenor

Dr. G.Sankaranarayanan,  
COE & Dean/Mech

Principal



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Yoga Club

19.06.2025

## SUBMITTED TO THE PRINCIPAL FOR APPROVAL

It is planned to conduct a **special yoga session** for our faculty members to foster a healthy and harmonious lifestyle on **June 21, 2025 (Saturday) 3:00 p.m. to 4:30 p.m.** at the **Auditorium (Above Mess Hall)**.

In this regard, the following necessities are needed for the yoga trainers and smooth conduct of program in the scheduled dates. So, kindly provide the below requirements.

**Venue: Auditorium (Above Mess Hall)**

| Sl. No | Requirements                     | Quantity/Amount<br>Nos. |
|--------|----------------------------------|-------------------------|
| 1.     | Long Mat (Jamakkalam )           | 1                       |
| 2.     | Water fillers                    | 1                       |
| 3.     | Chairs                           | 2                       |
| 4.     | Refreshments<br>(Tea and snacks) | 2                       |

*Keerthana 19/06/25*  
Program Coordinator(s):

Mrs. S.Keerthana, AP/ECE  
Mr. M.Kalidasan, AP/EEE

*G. Sankaranarayanan 19/06/2025*  
Convenor

Dr. G.Sankaranarayanan,  
COE & Dean/Mech

*[Signature]*  
Principal



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Yoga Club

21.06.2025

International Yoga Day 2025 – Faculty Yoga Session

## Attendance Sheet

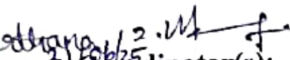
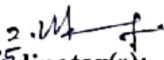
| S.No. | Name of the Participant | Designation   | Department   | Signature         |
|-------|-------------------------|---------------|--------------|-------------------|
| 1.    | R.S. Keerthana          | AP / SSMCAS   | English      | R.Keerthana       |
| 2.    | M. Ananelli             | AP / SSMCAS   | English      | M. Anelli         |
| 3.    | Dr. S. Nithya           | Head / SSMCAS | Science      | S. Nithya         |
| 4.    | Dr. M. Lakshmi Lakshmi  | Head / SSMCAS | Commerce     | M. Lakshmi        |
| 5.    | R. Soundra Pandiyamma   | TA / ECE      | ECE          | R. Sound          |
| 6.    | R. Muthu Naga Pradeep   | AP / SSMCAS   | Commerce     | R. Muthu          |
| 7.    | K. Prasadha             | Phy / Trainee | Phy depair   | K. Prasadha       |
| 8.    | N. RATHI                | AP / SEH      | Phy. Science | N. Rathi          |
| 9.    | G. Rajarajeshwari       | AP / ECE      | ECE          | G. Rajarajeshwari |
| 10.   | P. KARTHIGARAN          | AP / Maths    | Maths SSMCAS | P. Karthi         |
| 11.   | T. MARACATHAMANI        | AP / Maths    | MATHS SSMCAS | T. Maracathamani  |
| 12.   | S. Usharani             | AP / Commerce | Commerce     | S. Usharani       |
| 13.   | M. RAJALAKSHMI          | AP / TAMIL    | TAMIL        | M. RA             |
| 14.   | E. Thangadepiya         | AP / ECE      | ECE          | E. Thangadepiya   |
| 15.   | M. Sudha                | AP / BBA      | BBA          | M. Sudha          |
| 16.   | A. Arockia Helen        | AP / ECE      | ECE          | A. Arockia Helen  |
| 17.   | P. Karthika             | AP / ECE      | ECE          | P. Karthika       |
| 18.   | K. DIWA                 | AP / ECE      | ECE          | K. DIWA           |



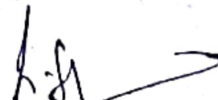
| S.No. | Name of the Participant | Designation        | Department    | Signature             |
|-------|-------------------------|--------------------|---------------|-----------------------|
| 19.   | M. AISHWARYA            | AP/EEE             | EEE           | M. Aishwarya          |
| 20.   | G. Karthika Bharathi    | AP/Engli           | English       | G. Karthika           |
| 21.   | D. SUBHA SHREE          | Teaching Assistant | Comp. Science | D. Subha              |
| 22.   | K. NITHYAN LACINI       | Teaching Assistant | Biochemistry  | K. Nithya             |
| 23.   | R. Guna Sundan          | AP/CS              | CSE           | R. Guna               |
| 24.   | S. Jaya                 | AP/Eng             | Maths         | S. Jaya               |
| 25.   | S. Gouthamjali          | AP/EEE             | EEE           | S. Gouthamjali        |
| 26.   | Dr. S. Hemalatha        | AP/Maths           | Maths         | Dr. S. Hemalatha      |
| 27.   | Dr. K. Sudha            | Library            | Lib           | Dr. K. Sudha          |
| 28.   | P. Prabha               | AP/Bio             | Biochemistry  | P. Prabha             |
| 29.   | DR. A. TEJASEELAN       | AP/Chem            | Chem          | Dr. A. Tejaseelan     |
| 30.   | Dr. A. Ananthi          | AP/Phy             | Phy           | Dr. A. Ananthi        |
| 31.   | P. Nagaraj              | AP/Eng             | Eng           | P. Nagaraj            |
| 32.   | P. Aravindan            | AP                 | Chem          | P. Aravindan          |
| 33.   | Dr. K. GANESH           | AP                 | chemistry     | Dr. K. Ganesh         |
| 34.   | A. P. Lakshmi           | Technician         | Chemistry     | A. P. Lakshmi         |
| 35.   | M. KALIDASAN            | AP                 | EEE           | M. Kalidasan          |
| 36.   | K. Rama Chandras        | AP                 | Phy           | K. Rama Chandras      |
| 37.   | M. GOWTHAM PRASAD       | AP                 | CSE           | M. Gowtham Prasad     |
| 38.   | Dr. G. PRABU            | MOD/IT             | IT            | Dr. G. Prabhu         |
| 39.   | Dr. S. Nagamta          | AP-Phy             | Phy           | Dr. S. Nagamta        |
| 40.   | Dr. R. Sathish Kumar    | AP/Maths           | Maths         | Dr. R. Sathish Kumar  |
| 41.   | S. KANNAN               | AP/Civil           | Civil         | S. Kannan             |
| 42.   | G. S. LAKSHMIBARASAN    | AP/MECH            | MECH          | G. S. Lakshmi Barasan |

| S.No. | Name of the Participant | Designation | Department | Signature           |
|-------|-------------------------|-------------|------------|---------------------|
| 43.   | R. Srinivas             | TA/CI       | Civil      | R. Srinivas         |
| 44.   | P. Srinivasan           | L. Srinivas | Phys       | P. Srinivasan       |
| 45.   | B. Mohana Nageswari     | AP          | CSBE       | B. Mohana Nageswari |
| 46.   | Dr. R. Nagaraj          | AP          | Physics    | Dr. R. Nagaraj      |
| 47.   | P. Dharmaraj            | AP          | Mech       | P. Dharmaraj        |
| 48.   | J. M. Manikandan        | AP          | ECE        | J. M. Manikandan    |
| 49.   | L. Manoj Kumar          | AP          | CS         | L. Manoj Kumar      |
| 50.   | T. Arul Cyril Anand     | TA/EE       | EEE        | T. Arul Cyril Anand |
| 51.   | R. SANJEEVI             | AP          | MECH       | R. SANJEEVI         |
| 52.   | V.P. JAY PANTIN         | AP          | BUE        | V.P. JAY PANTIN     |
| 53.   | Dr. K. Ramesh           | Prof        | Cyber      | Dr. K. Ramesh       |
| 54.   | P. Nandha K. L.         | AP/CS       | CS         | P. Nandha K. L.     |
| 55.   | R. Sudhanesh            | AP/CS       | CS         | R. Sudhanesh        |
| 56.   | V. Nagaraj              | TA          | ChE        | V. Nagaraj          |
| 57.   | J. GOPINATH             | TA/ME       | Mech       | J. GOPINATH         |
| 58.   | A. ISSAC                | Team Leader | ECE        | A. ISSAC            |
| 59.   | S. Keethana             | AP          | ECE        | S. Keethana         |
| 60.   |                         |             |            |                     |
| 61.   |                         |             |            |                     |
| 62.   |                         |             |            |                     |
| 63.   |                         |             |            |                     |
| 64.   |                         |             |            |                     |
| 65.   |                         |             |            |                     |
| 66.   |                         |             |            |                     |

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|-------|-------------------------|-------------|------------|-----------|
| 67.   |                         |             |            |           |
| 68.   |                         |             |            |           |
| 69.   |                         |             |            |           |
| 70.   |                         |             |            |           |

1.  2.   
Program Coordinator(s):

Mrs. S. Keerthana, AP/ECE  
Mr. M. Kalidasan, AP/EEE

  
Convenor

Dr. G. Sankaranarayanan,  
CoE&Dean /Mech

  
Principal

Dr. D. Senthil Kumar



### **International Yoga Day 2025 – Faculty Yoga Session**

To commemorate International Yoga Day 2025, the Yoga Club of SSM Institute of Engineering and Technology organized a special yoga session for faculty members on 21<sup>st</sup> June 2025, Saturday. Aligning with this year's global theme, "Yoga for One Earth, One Health," the event aimed to emphasize the holistic benefits of yoga in nurturing personal well-being and contributing to the health of the planet. The session was conducted from 3:00 p.m. to 4:30 p.m. at the auditorium above the Mess Hall and was held in collaboration with the Temple of Consciousness, World Community Service Center, Dindigul.

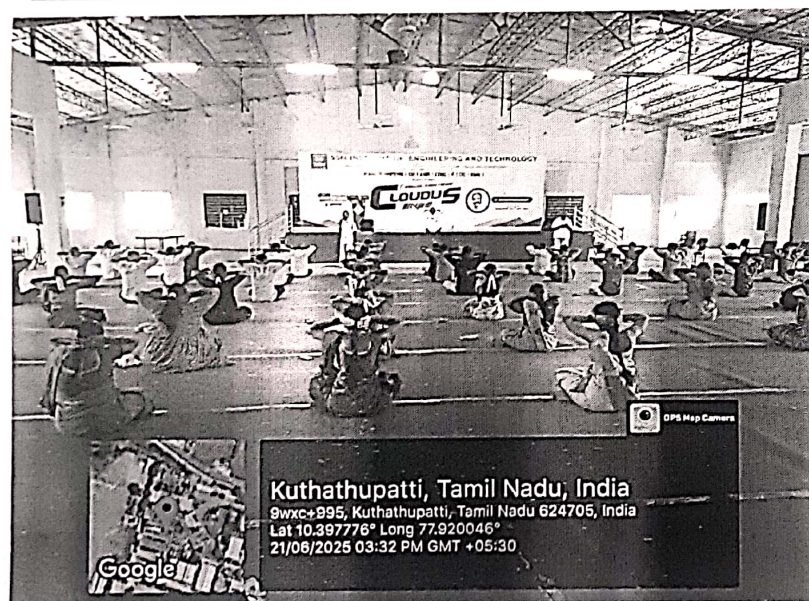
The yoga session was conducted by renowned yoga instructors **Mr. M. Saravanan**, Executive Officer from the **Temple of Consciousness (Arivu Thiru Kovil), Dindigul**. They guided the faculty through a series of yoga postures, breathing exercises, and relaxation techniques aimed at reducing stress, enhancing flexibility and improving overall health. Notably, **Mr. G.S. Jeetharaman**, Professor at Arivu Thiru Kovil also graced the session with his presence.

The session focused on improving physical flexibility, mental clarity and emotional balance offering participants a rejuvenating experience. Faculty members from various departments actively participated in the event reflecting their enthusiasm and commitment toward maintaining a healthy lifestyle.

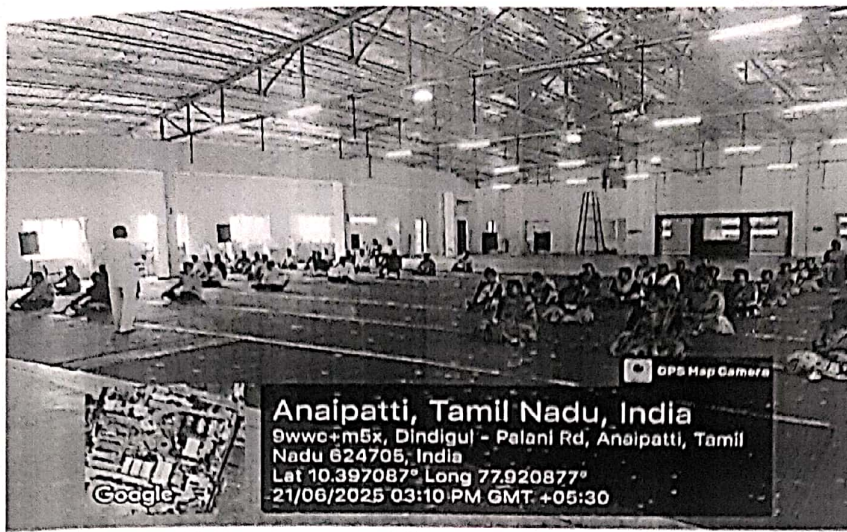
The event was coordinated by Mrs. S. Keerthana, Assistant Professor/ECE and Mr. M. Kalidasan, Assistant Professor/EEE, under the guidance of Dr. G. Sankaranarayanan, CoE & Dean/Mech and with the support of Dr. D. Senthil Kumaran, Principal, SSMIET. The initiative successfully fostered awareness of yoga's profound impact on well-being and sustainability, aligning with the broader vision of holistic education promoted by the institution.



**Figure:** Glimpses from the Faculty Yoga Session conducted on **International Yoga Day 2021** at SSMIET featuring guided practices by instructors from the Temple of Consciousness, Dindigul and active participation by faculty members in various yoga postures, breathing exercises and interactive discussions on health and wellness.







21/6/25  
S. Keerthana  
81/07/25  
Program Coordinator(s):

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Mr. M. Kalidasan, AP/EEE

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