



# HINDUSTHAN INSTITUTE OF TECHNOLOGY



## HITECH YOGA & MEDITATION CLUB

Report on

# *INTERNATIONAL YOGA DAY -2024*

**Date: 21.06.2024**



*Organized by*

## HITECH YOGA & MEDITATION CLUB

Dr. R. Sivakumar  
Coordinator

Dr.S.Jeyabharathi  
Chairman

Dr.C.Natarajan  
Principal

# Invitation



## HINDUSTHAN INSTITUTE OF TECHNOLOGY

(AN AUTONOMOUS INSTITUTION)

Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai,  
Accredited by NBA and NAAC with 'A' Grade, Coimbatore - 32



### DEPARTMENT OF SCIENCE & HUMANITIES & YOGA & MEDITATION CLUB



*Cordially invite you all for*  
**INTERNATIONAL DAY OF  
YOGA 2024**



**Chief Guest  
from**



**ISHA FOUNDATION**



**DATE**  
**21.06.2024**

**TIME**  
**10.00AM**

**VENUE**  
**NILA HALL**

**CO-ORDINATOR**

**Dr. R. Sivakumar**  
AP / Chemistry

**CONVENER**

**Dr. S. Jeyabharathi**  
HoD/ S&H

**PATRON**

**Dr. C. Natarajan**  
Principal



# HINDUSTHAN INSTITUTE OF TECHNOLOGY

## HITECH YOGA & MEDITATION CLUB

### ***INTERNATIONAL YOGA DAY-2024***

Date: 21.06.2024

#### AGENDA

10.00 AM

#### **Welcome Address**

Dr.S. Jeyabharathi

Professor &

Head-Department of Science and Humanities

10.05 AM

#### **Presidential Address**

Dr.C.Natarajan,

Principal,

Hindusthan Institute of Technology

#### **Introduction to Chief Guest**

10.15 AM

#### **Address by the chief Guest**

Mr. Ganesh Dhandapani.

Volunteer

Isha Yoga center

Coimbatore

11.15 AM

#### **Vote of Thanks**

Dr. R Sivakumar AP/ S&H



**HINDUSTHAN INSTITUTE OF TECHNOLOGY**

**COIMBATORE -641032**  
**(An Autonomous Institution)**



## **Report on Yoga Day Programme**

Hindusthan Institute of Technology Yoga & meditation club and Department of Science and Humanities jointly organized Yoga Programme on 21<sup>st</sup> June 2024 in the Nila hall. Yoga brings peace, harmony, happiness and success to every soul in the world. It is a mental, physical and spiritual that needs to be carried every day.

The Programme started at 10am with the welcome address by Dr.S.Jeyabharathi/ HOD (Dept of Science and humanities) and presidential address by Dr. C.Natarajan, Principal, HITECH.







Special address was given by Mr. Ganesh Dhandapani, (Volunteer, Isha Yoga Center) Coimbatore. Dr.R.Sivakumar, Associate Professor (Chemistry) was the Co-ordinator of the Programme. The students performed Yoga from 10.15 am to 11.15am. Different yoga postures like pranayama, Yoga namaskaram, etc was taught by Mr. Ganesh Dhandapani. The prayers were recited before and after the Programme. The Programme ended at 11.20 am and the vote of thanks was given by Dr.R.Sivakumar, AP (Chemistry)

### **Feedback from Participants:**

The following feedback and suggestions were received from the participants

- The most impressive thing was all are enjoyed the Yoga classes that were led by Yoga masters, which really inspired all the students. The masters shared their knowledge in a systematic and interactive manner.

- The Master is very patient and extremely professional.
- The activities done was really good and heart touching.
- The club members are requested to make these types of activities in huge manner.
- The awareness of Yoga and meditation club activities is to be made among all the students.

**Outcomes:**

- Each soul can be refreshed daily basis and also be purified in their physical and mental
- The benefits of Yoga is tremendous for one's healthy life
- practicing yoga daily gives us the relief from stress, depression, hypertension and so on
- Representing our mother nature is the duly duty of every human being those who are beinghuman and it can be proved by doing Yoga.



Dr. R. Sivakumar  
Coordinators



Dr.S.Jeyabharathi  
Chairman



Dr.C.Natarajan  
Principal