



HINDUSTHAN INSTITUTE OF TECHNOLOGY

HITECH YOGA & MEDITATION CLUB



Report on

INTERNATIONAL YOGA DAY -2025

Date: 21.06.2025



Organized by

HITECH YOGA & MEDITATION CLUB

Dr. R. Sivakumar
Coordinators

Dr.S.Jeyabharathi
Chairman

Dr.C.Natarajan
Principal

Invitation



HINDUSTHAN INSTITUTE OF TECHNOLOGY

(An Autonomous Institution)
Approved by AICTE, New Delhi

Accredited by NBA and NAAC with 'A' Grade, An ISO Certified Institution



DEPARTMENT OF SCIENCE & HUMANITIES
&
YOGA & MEDITATION CLUB

cordially invite you all for

INTERNATIONAL DAY OF YOGA 2025



CHIEF GUEST
FROM
ISHA FOUNDATION

DATE
21.06.2025
TIME
10.00 AM
VENUE
NILA HALL

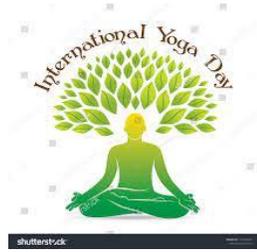
CO-ORDINATOR
DR. R. SIVAKUMAR
AP / CHEMISTRY

CONVENER
DR. S. JEYABHARATHI
HOD / S & H

PATRON
DR. C. NATARAJAN
PRINCIPAL



HINDUSTHAN INSTITUTE OF TECHNOLOGY



HITECH YOGA & MEDITATION CLUB INTERNATIONAL YOGA DAY -2025

Date: 21.06.2025

9.50 AM

AGENDA

Welcome Address

Dr.S. Jeyabharathi

Professor &

Head-Department of Science and Humanities

09.55 AM

Presidential Address

Dr.C.Natarajan,

Principal,

Hindusthan Institute of Technology

Introduction to Chief Guest

10.00AM

Address by the chief Guest

Mr. J. GURU PRASATH

Hata Yoga Teacher

Isha Yoga center

Coimbatore

11.00 PM

Vote of Thanks

Dr. R. Sivakumar, AP/Chemistry

Report on Yoga Day Programme

Hindusthan Institute of Technology Yoga & meditation club and Department of Science and Humanities jointly organized Yoga programme on 21st June 2025 in the seminar 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 11.30 am with the welcome address by Dr.S.Jeyabharathi/ HOD (Dept of Science and humanities) and presidential address by Dr. C.Natarajan, Principal, HITECH.





HINDUSTHAN
INSTITUTE OF TECHNOLOGY
100th Anniversary Celebrations
1924-2024
Approved by ETE and NAAC with A Grade, An ISO Certified Institution

DEPARTMENT OF SCIENCE & HUMANITIES
&
YOGA & MEDITATION CLUB
organizing in association with

**INTERNATIONAL DAY OF
YOGA 2025**



CHIEF GUEST
FROM
ISHA FOUNDATION

DATE
21.06.2025
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10:00 AM
VENUE
MBA HALL

CO-ORDINATOR
DR. K. SUGUMAR
AP / CHEMISTRY

CONVENER
DR. B. JEEVARATHI
MOB / S & H

PATRON
DR. C. NATARAJAN
PRINCIPAL



 GPS Map Camera



Google

Malumichampatti, Tamil Nadu, India

Vxvw+mjp, Hindusthan College Rd, Malumichampatti, Tamil Nadu 641050, India

Lat 10.894448° Long 76.996964°

21/06/2025 09:22 AM GMT +05:30



GPS Map Camera



Malumichampatti, Tamil Nadu, India

Vxvw+mjp, Hindusthan College Rd, Malumichampatti, Tamil Nadu 641050, India

Lat 10.894451° Long 76.997003°

21/06/2025 10:23 AM GMT +05:30



The special address was given by Mr. Ramesh kumar Anna Hata Yoga Teacher, Isha Yoga Center, Coimbatore. The students and faculty members performed Yoga from 10.00 am to 11.30pm. Different yoga postures like pranayama, Yoga namaskaram etc was taught by Mr. Ramesh kumar Anna . The prayers were recited before and after the programme. The programme ended at 11.30 pm and the vote of thanks was given by Dr.R.Sivakumar, Assistant Professor in 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 being human and it can be proved by doing Yoga



Dr. R.Sivakumar

Coordinator



Dr.S.Jeyabharathi

Chairman



Dr.C.Natarajan

Principal