



## **SREEPATHY INSTITUTE OF MANAGEMENT AND TECHNOLOGY**

**VAVANOOR, PALAKKAD**

### **YOGA CLUB**

#### **Mechanism for Yoga club**

#### **1. Introduction:**

SIMAT provides a mechanism to students and staff for health consciousness, relaxation, and physical endurance for wellness. Yoga club of SIMAT was set adhering to the guidelines provided by Academic advisory committee of SIMAT

Yoga education can support college education. It can prepare the students physically and mentally for the integration of their physical, mental, intellectual and spiritual faculties so that the students can become healthier, sensible, practical responsible and more integrated members of the society and of the nation.

#### **2. Objectives:**

- Yoga club help in bettering interdepartmental relations.
- Doing yoga helps one to have high respect for life.
- It helps an individual to protect the nature and the environment of the individual.
- Yoga help us to maintain a peaceful state of mind
- It helps us to have a non violent lifestyle.
- Yoga helps one to be a physically, mentally, intellectually and spiritually balanced person.
- It helps to have respect for all nations, cultures and religions.
- Yoga clubs can uphold the dignity of the SIMAT by promoting cordial student-teacher relationships.

#### **3. Mechanism:**

Yoga club can conduct awareness classes for the students in the college. Can help other clubs to conduct meditation and yoga classes in camps.

#### **4. Yoga club:**

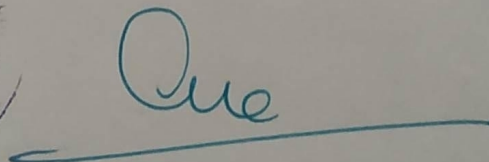
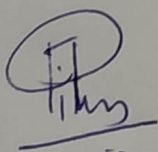
The core committee of the yoga club would be constituted by the principal as chairman, one convener, two yoga club staff members and two student representatives (one male and female representative). Except chairman of the club all other office bearing posts may be changed every year as per the direction of chairman.

#### **5. Functions:**

- To organize expert lectures of eminent yoga teachers.
- To conduct yoga sessions in camps.
- To conduct special sessions during evening for staffs or students.

#### **6. Procedure for Yoga club work is as given under :**

- a. Club meetings are conducted once in every semester / whenever necessary.
- b. Yoga classes are conducted once in every two weeks if possible.
- c. Special yoga session is arranged in connection with National yoga day.
- d. Yoga sessions of experts are arranged as needed.
- e. Special yoga sessions are arranged during any camps.
- f. Students and teachers are given advice for meditation.





## INVITATION

Students and staffs of SIMAT yoga club are invited to participate the observation of National Yoga Day 2019 on 21<sup>st</sup> June 2019. Venue is Seminar Hall. Time 12:30 pm – 1:00 pm. Staff who is free are also invited to the same programme.

Thanks

Hithes.P

Convener yoga club





The second meeting of yoga club was held at the Conference Room on 2nd August 2019 from 11:00am – 12:00 pm.

These members participated in the meeting:

1. Dr. George.C.T. - Principal
2. Ms. Sushma – HOD ECE
3. Mr. Hithes.P - Convener
4. Mr. Sebin Sunny – Member
5. Mr. Rajaneesh – Member
6. Mr. Shibu - Member
7. Mr. Vineeth S5 CSE – Student representative
8. Ms. Thushara S5 ECE – Student representative

The following decisions were taken during the meeting.

Minutes of the meeting

1. Reviewed the functioning of the yoga club for the academic year 2018-19
2. The conduct of yoga by the yoga club during the induction programme was appreciated by the Principal .
3. The yoga day session of 21<sup>st</sup> June 2019 was very well appreciated by the Vice Principal.

Thanks

Hithes.P  
Yoga Club Coordinator





## NOTICE

Dear Members,

Members of the yoga club are requested to attend a 30 minute meeting to plan the works for the academic year 2019 – 20. The meeting is scheduled for 2nd August 2019 from 1:00pm – 1:30 pm at the Conference Room.

Thanks & Regards

Hithes P

Convener Yoga Club





## Report of International Yoga day 2019

International yoga day 2019 was observed in Seminar Hall of SIMAT on 21<sup>st</sup> June 2019. The programme started at 12:30 pm. Shri. Hithes.P gave a lecture on the importance of yoga. Mr. Shibu. K.M demonstrated the various asana and the members accompanied him. The programme came to a conclusion at 1:00pm. Staff and students of the college participated in the same.



Thanks

Hithes.P

Convener yoga club





## Report of Yoga club activities for NSS special camp 2019 - 20

The coordinator of yoga club Mr. Shibu ( Lab instructor in EEE ) and volunteer of the yoga club Mr. Sandeep soman and Ms. Anushree helped NSS to conduct yoga classes.

The NSS camp of our college was conducted from 20th December 2019 - 26th of December 2019, at Govt. High School, Pattambi altogether 54 members participated in the camp. Yoga classes were arranged / conducted by SIMAT yoga club 5 Staffs, 28boys and 21 girls attended the sessions.



Every day the classes were conducted from morning 6:00 am - 6:45 am. Classes include various yoga asana and relaxation techniques.

Thanks

Hithes.P

Yoga Club Coordinator





## Report of yoga classes August 2019 - July 2020

Totally 113 students and 6 staff registered for the yoga classes. 12 yoga sessions were held in the college. Mr.Hithes took the classes. Classes were held in the college auditorium on every Thursday from 3:00pm - 4:00pm. He demonstrated various asanas:





Thanks

Convener yoga club

Hithes



# EEPATHY INSTITUTE OF MANAGEMENT & TECHNOLOGY VAVANOOR

## YOGA CLUB MEMBER LIST(STUDENTS)

August 2019 - July 2020

SLNO	NAME	BRANCH & SEM	26th Septem	3rd October	17th Octobe	31st Octobe	7th Novemb	21st Novem	28th Novem	5th Decemb	23rd January	30th January	3rd February	17th Februa	5th March
1	Ashfaz	S1 EEE / ECE	p	a	p	p	p	p	p	p	p	p	p	p	p
2	Abeedar	S1 EEE / ECE	p	p	a	p	p	p	p	p	p	p	p	p	p
3	Niyas	S1 EEE / ECE	p	p	p	p	a	p	p	p	p	p	p	p	p
4	Akshay	S1 EEE / ECE	p	p	p	p	p	p	p	p	p	p	p	p	p
5	Sudev	S1 EEE / ECE	p	p	p	p	p	p	p	p	p	p	p	p	p
6	Muneer	S1 EEE / ECE	p	a	p	p	p	p	p	p	p	p	p	p	p
7	Sajas	S1 EEE / ECE	p	p	p	p	p	a	p	p	p	p	p	p	p
8	Divya	S1 EEE / ECE	p	p	p	p	p	p	p	p	p	p	p	p	p
9	Vyshnavi	S1 EEE / ECE	p	p	p	p	p	p	p	p	p	p	p	p	p
10	Vichithra	S1 EEE / ECE	a	p	a	p	p	a	p	p	p	p	p	p	p
11	Suhailath	S1 EEE / ECE	p	p	p	p	p	p	p	p	p	p	a	p	p
12	Vdith	S1 EEE / ECE	p	p	p	p	p	p	p	p	p	p	p	p	p
13	Nidhin	S1 EEE / ECE	p	p	a	p	p	a	p	p	p	p	p	p	p
14	Sidharth P	S1 EEE / ECE	a	p	p	p	p	p	p	p	p	p	p	p	p
15	Sourmya Remesh	S1 EEE / ECE	p	p	p	p	p	p	p	p	p	p	p	p	p
16	Aswin Raeev	S1 CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
17	Aswathy M S	S1 CSE	p	p	p	p	a	p	p	p	p	p	p	p	p
18	Arunima	S1 CSE	p	p	p	p	p	p	p	p	p	p	p	a	p
19	Nanda Krishnan	S1 CSE	p	a	p	p	p	p	p	a	p	p	p	p	p
20	Abhin K	S1 CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
21	Athul Nath T K	S1 CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
22	Sharika S Nair	S1 CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
23	Amritha	S1 CSE	p	p	p	p	p	p	a	p	p	p	p	p	p
24	Athira Mohan	S1 CSE	p	p	p	a	p	p	p	p	p	p	p	p	a
25	Aswathy Krishna A V	S1 CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
26	Malavika P	S1 CSE	p	p	p	p	p	p	p	p	p	p	a	p	p
27	Vishnulakshmi	S3 EEE	p	p	p	p	p	p	p	p	p	p	p	p	p
28	Vismaya K K	S3 EEE	p	p	a	p	p	p	p	p	p	p	p	p	p
29	Ayana	S5 ECE	p	p	p	p	a	p	p	p	p	p	p	p	p
30	Thushara	S5 ECE	p	p	p	p	p	p	p	p	p	p	p	p	p

*P. Thy*



*See*



61	Shahabas	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
62	Sidharth P	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
63	Ajay swaminathan	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
64	Arun raj	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
65	Gokul K	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
66	Rahees M	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
67	Amal A V	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
68	Dileep K	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
69	Sooraj Krishna	S1 ME/CE	p	p	p	p	p	p	p	p	a	p	p	p	p
70	Aisha	S5CSE	p	p	a	p	p	p	p	p	p	p	p	p	p
71	Ambili	S5CSE	p	p	p	p	p	p	p	a	p	p	p	p	p
72	Jesna	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
73	Aiswarya	S5CSE	p	p	p	p	p	p	p	p	p	a	p	p	p
74	Sishira	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
75	Krishna priya	S5CSE	p	p	p	p	p	p	p	p	p	a	p	p	p
76	M V Bashira	S5CSE	a	p	p	p	p	p	p	p	p	p	p	p	p
77	Malavika P	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
78	Muhsina	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
79	Krishnapriya G	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
80	Gopika	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
81	Sabira	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
82	Shobhin raj	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
83	Vishnu G Nath	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
84	Shahin	S5CSE	p	p	p	p	p	p	p	a	p	p	p	p	p
85	Majid	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
86	Vineeth	S5CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
87	Maneesh	S5 EEE	p	p	p	p	p	p	p	p	p	p	p	a	p
88	Rahul Raj	S5 EEE	p	p	p	p	p	p	p	p	p	p	p	p	p
89	Arun Kumar	S5 EEE	p	p	p	p	p	p	p	p	p	a	p	p	p
90	Harisankar	S5 EEE	p	p	p	p	p	p	p	p	p	a	p	p	p

*Pithu*



*Deep*

91	Ameer ahammed	S3 CE	p	a	p	p	p	p	p	p	p	p	p	a	p
92	Gokul K	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
93	Hareesh	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
94	Navaneeth Krishna	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
95	Yadhu	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
96	Pranav lal	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
97	Athul	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
98	Ayana	S3 CE	p	p	p	p	a	p	p	a	p	p	p	p	p
99	Bhagyanath	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
100	Farsana	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
101	Bhavana	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
102	Rasla	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
103	Husna	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
104	Swathjy	S3 CE	p	p	p	p	p	p	p	p	p	p	p	p	p
105	Khanha	S3 CE	p	p	p	p	p	a	p	p	p	p	p	p	p
106	Surya	S3 CSE	p	p	p	p	p	p	a	p	p	p	p	p	p
107	Neeraja	S3 CSE	p	p	p	a	p	p	p	p	p	p	p	p	p
108	Abhirami	S3 CSE	p	p	p	a	p	p	p	p	p	p	p	p	p
109	Sneha	S3 CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
110	Daya	S3 CSE	p	p	p	p	p	p	p	p	p	p	p	p	p
111	Amal raj	S1 ME/CE	p	p	p	p	p	p	p	p	a	p	p	p	p
112	Amal krishna	S1 ME/CE	p	p	p	p	p	p	p	p	p	a	p	p	p
113	Vibin	S1 ME/CE	p	p	p	p	p	p	p	p	p	p	p	p	p
114	MR.SEBIN SUNNY	ASSISTANT PROFESSOR EEE	p	p	p	p	p	p	p	p	p	p	p	p	p
115	MR.HITHES.P	ASSISTANT PROFESSOR AS&H	p	p	p	p	p	a	p	p	p	p	p	p	p
116	MR.REJANEESH	ASSISTANT PROFESSOR EEE	p	p	p	p	p	p	p	p	p	p	p	p	p
117	MR.SHIBU	LAB INSTRUCTOR EEE	p	a	p	p	p	p	p	p	p	p	p	p	p
118	ME.NARAYANAN	LAB INSTRUCTOR ECE	p	p	p	p	p	p	p	p	p	p	p	p	p
119	MS.SUSHMA	HOD ECE	p	p	p	p	p	p	p	p	p	p	p	p	p

