



Yoga Club (2024-2025)

Introduction

The Yoga Health and Nutrition Club at K.S.R College of Engineering is dedicated to promoting a holistic approach to wellness among students. Recognizing the importance of balanced health in academic and personal life, the club combines the benefits of yoga, nutrition education, and wellness practices to support physical, mental, and emotional well-being. Through engaging activities and workshops, the club aims to create a positive environment where students can learn about healthy living, manage stress, and develop sustainable habits.

Vision:

The vision of the Yoga Health and Nutrition Club at K.S.R College of Engineering is to cultivate a culture of holistic well-being, empowering students to embrace healthy lifestyles through mindful practices, balanced nutrition, and physical fitness. The club aspires to foster lifelong wellness habits that support academic success, personal growth, and overall vitality.

Objectives:

- Promote awareness of holistic health practices, including yoga, nutrition, and mental wellness.
- Encourage students to adopt healthy lifestyle habits for long-term physical and mental well-being.
- Provide opportunities for physical fitness and stress relief through regular yoga sessions and mindfulness activities.
- Educate students on the importance of balanced nutrition and its impact on health and academic performance.
- Support students in developing a positive attitude toward wellness, enabling them to lead balanced and fulfilling lives.

MEMBERS OF YOGA CLUB @ KSRCE

S. No.	NAME OF FACULTY & DESIGNATION	POSITION
1.	Dr. M. VENKATESAN, PRINCIPAL	CONVENER
2.	Dr. V. REVATHI, VICE PRINCIPAL	CO-CONVENER
3.	Dr. R. NANDAKUMAR, VICE PRINCIPAL	CO-CONVENER
4.	Mr. B. B. SANGAMESWARAN, AP / BME	FACULTY COORDINATOR

STUDENT MEMBERS:

S. No.	NAME OF THE STUDENT	CLASS	POSITION
1	VIDHYASHRI S	BME	PRESIDENT
2	SANJAI SHRI A	ECE-C	VICE PRESIDENT
3	GURUBARAN.M	MECH I - A	VICE PRESIDENT
4	KEERTHI E	CSE I - B	SECRETARY
5	SUBASRI S	CSE I - D	SECRETARY
6	VENKAT T	CSE(CS)	SECRETARY
7	KAVIDHARSHINI M	ECE - B	JOINT SECRETARY
8	AKSHAYA K	ECE - A	JOINT SECRETARY
9	NISHANTH S	CSD - I	JOINT SECRETARY
10	GUHAN K	CIVIL	JOINT SECRETARY
11	DHARANEESH V	AUTOMOBILE - I	JOINT SECRETARY
12	HARIHARAN M	AUTOMOBILE - I	EXECUTIVE MEMBER

S. No.	NAME OF THE STUDENT	CLASS	POSITION
13	AHAMED KABIR S	BME - I	EXECUTIVE MEMBER
14	JANA VISHNU S	BME - I	EXECUTIVE MEMBER
15	MANISHA R	BME - I	EXECUTIVE MEMBER
16	MEENA J	BME - I	EXECUTIVE MEMBER
17	RISHIKESH B S	BME - I	EXECUTIVE MEMBER
18	THENDRAL K	BME - I	EXECUTIVE MEMBER
19	VIDHYASHRI S	BME - I	EXECUTIVE MEMBER
20	CHANDRU S	CIVIL - I	EXECUTIVE MEMBER
21	ABHIRAMI B N	CSD - I	EXECUTIVE MEMBER
22	YAGUL M	CSD - I	EXECUTIVE MEMBER
23	ASHWIN K	CSE I - A	EXECUTIVE MEMBER
24	BALAJI M	CSE I - A	EXECUTIVE MEMBER
25	DHARANEESWARAN S	CSE I - A	EXECUTIVE MEMBER
26	DINESH P	CSE I - A	EXECUTIVE MEMBER
27	KIRUTHIK V	CSE I - B	EXECUTIVE MEMBER
28	KATHIRVEL K	CSE I - B	EXECUTIVE MEMBER
29	JAYASURYA M	CSE I - B	EXECUTIVE MEMBER
30	MOHANAPRIYAN S P	CSE I - C	EXECUTIVE MEMBER

S. No.	NAME OF THE STUDENT	CLASS	POSITION
31	NAVEEN KUMAR T	CSE I - C	EXECUTIVE MEMBER
32	SHARMATHA L	CSE I - D	EXECUTIVE MEMBER
33	VINODHINI D	CSE I - D	EXECUTIVE MEMBER
34	BHARATHI P	CSE(CS) - I	EXECUTIVE MEMBER
35	GOPINATH V	CSE(CS) - I	EXECUTIVE MEMBER
36	HARSHINI S	CSE(CS) - I	EXECUTIVE MEMBER
37	MEHAVARUN R M	CSE(CS) - I	EXECUTIVE MEMBER
38	KAVIN K	CSE(CS) - I	EXECUTIVE MEMBER
39	AARTHI A	EEE I - A	EXECUTIVE MEMBER
40	AKCHAYA S	EEE I - A	EXECUTIVE MEMBER
41	INDHUSHREE R	EEE I - A	EXECUTIVE MEMBER
42	JAGANNAATH V	EEE I - A	EXECUTIVE MEMBER
43	KALAIVANI B	EEE I - A	EXECUTIVE MEMBER
44	NANNAN S	EEE I - B	EXECUTIVE MEMBER
45	NITHISHKUMAR J	EEE I - B	EXECUTIVE MEMBER
46	SURENDHAR R	EEE I - B	EXECUTIVE MEMBER
47	VAITHEESH P	EEE I - B	EXECUTIVE MEMBER
48	AKSHAYAA D	ECE I - A	EXECUTIVE MEMBER

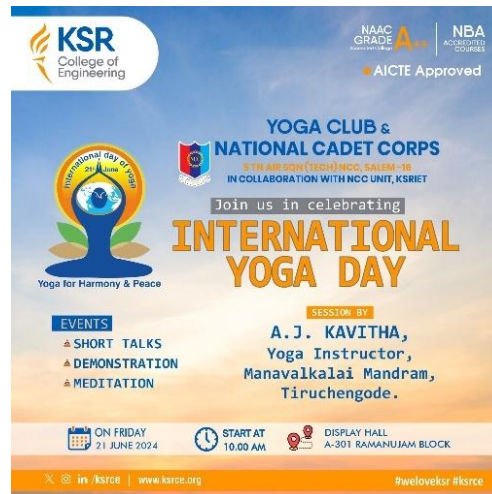
S. No.	NAME OF THE STUDENT	CLASS	POSITION
49	BHARATH M	ECE I - A	EXECUTIVE MEMBER
50	DHARANI N	ECE I - A	EXECUTIVE MEMBER
51	KANISHKA S	ECE I - B	EXECUTIVE MEMBER
52	PRAVEENA R	ECE I - B	EXECUTIVE MEMBER
53	DEEPAK MANIKANDAN.M	MECH I - A	EXECUTIVE MEMBER
54	GISHNUMANI R	MECH I - A	EXECUTIVE MEMBER
55	KABIL G.V.	MECH I - A	EXECUTIVE MEMBER
56	ASHWIN K	SFE- I	EXECUTIVE MEMBER
57	BALAKRISHNAN S	SFE- I	EXECUTIVE MEMBER
58	GURU R	IT - I A	EXECUTIVE MEMBER
59	ABU BACKER A	IT - I A	EXECUTIVE MEMBER
60	DEEPAKKUMAR M	IT - I A	EXECUTIVE MEMBER
61	GOKUL M	IT - I A	EXECUTIVE MEMBER
62	KARMUGILAN P	IT - I A	EXECUTIVE MEMBER
63	SRI KANI Y	ECE-C	EXECUTIVE MEMBER
63	USIKA G	ECE-C	EXECUTIVE MEMBER
63	RANJITHKUMAR S	ECE-C	EXECUTIVE MEMBER

Event - 1: International Yoga Day celebration

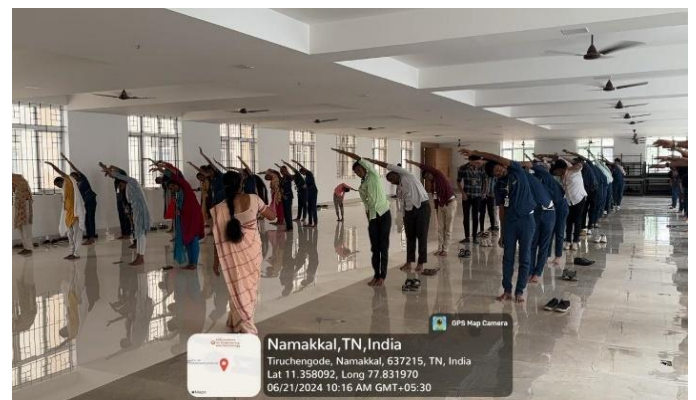
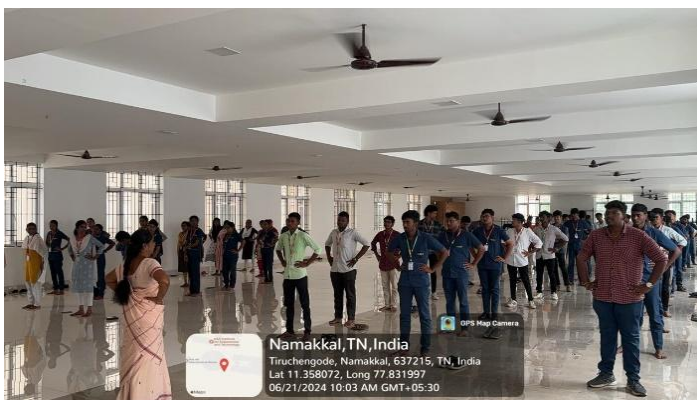
Date: 21.06.2024

Time: 10.00am

Venue: Yoga Hall



K.S.R College of Engineering celebrated International Yoga Day with an inspiring event organized by the Yoga Health and Nutrition Club. The day featured a rejuvenating morning yoga session, an enlightening guest talk on the benefits of yoga, and an interactive workshop on advanced techniques like Pranayama. Participants enjoyed healthy refreshments, took part in a fun yoga pose challenge, and concluded with a calming meditation. The event fostered a sense of unity and well-being, encouraging the college community to embrace the physical and mental benefits of yoga.



Events - 2: Life skills - Yoga, Physical Fitness and Health

Date: 10.08.2024

Time: 11.30 am

Venue: Block A Corridor

The poster is for an event titled "LIFE SKILL YOGA, PHYSICAL FITNESS AND HEALTH" organized by the Department of Biomedical Engineering at KSR College of Engineering. It is in association with PRANAA and the Institution's Innovation Council. The event is led by Mr. S. Karthikeyan, a Yoga Instructor from Manavalakalai Yoga Mandram, Tiruchengode. The event is scheduled for Saturday, August 10, 2024, starting at 11:30 AM in Block A Seminar Hall. The poster also features accreditation logos for NAAC Grade A++ and NBA Accredited Programme, and social media links for KSRCE.

Yoga offers a wealth of benefits for both the body and mind. Regular practice improves flexibility, strength, and posture while promoting relaxation and reducing stress. Through mindful breathing and gentle movements, yoga enhances focus, boosts mental clarity, and supports emotional resilience. It's a holistic practice that encourages overall wellness, helping individuals find balance and inner peace in their daily lives.

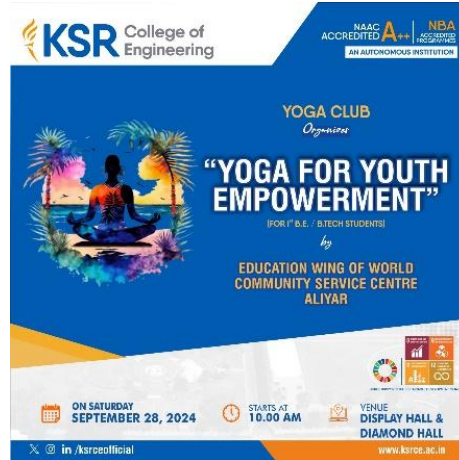


Event - 3: Yoga for Youth Empowerment-1

Date: 28.09.2024

Time: 10.00 am

Venue: Display Hall, Diamond Hall



K.S.R College of Engineering organized a special yoga program for first-year engineering students, aimed at introducing them to the physical and mental benefits of yoga. The program included beginner-friendly yoga sessions, breathing exercises, and relaxation techniques to help students manage academic stress, improve focus, and boost overall well-being. This initiative provided students with valuable tools for achieving balance, resilience, and a positive mindset as they embark on their engineering journey.

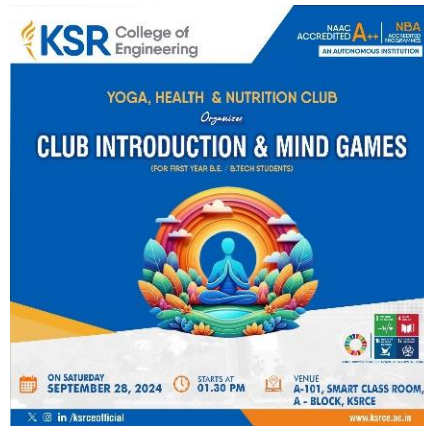


Event - 4: Club inauguration

Date: 28.09.2024

Time: 1.30 pm

Venue: Smart Classroom, Block A



The Yoga Health and Nutrition Club at K.S.R College of Engineering was informally inaugurated with a fun and engaging session for students and staff. The event kicked off with a brief introduction to the club's goals and activities, followed by a light yoga session to kickstart the wellness journey. It was a relaxed gathering, where participants could interact, learn about the club's vision, and enjoy a few minutes of mindfulness and movement. The inauguration set the tone for a vibrant community dedicated to health, fitness, and holistic well-being.

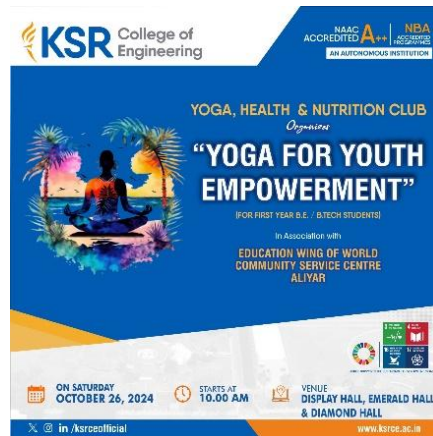


Event - 5: Yoga for Youth Empowerment-2

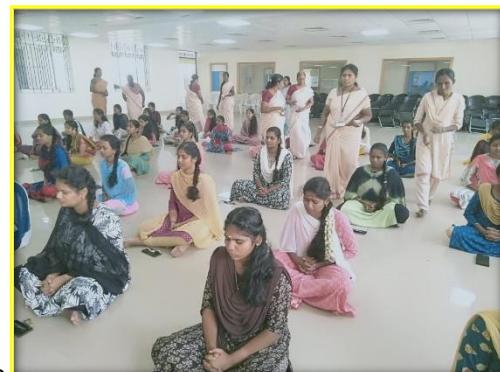
Date: 26.10.2024

Time: 10.00 am

Venue: Display Hall, Diamond Hall & Emerald Hall



The Yoga Health and Nutrition Club organized an introductory session on basic asanas for first-year students, focusing on simple and effective poses to improve flexibility, strength, and posture. Students practiced foundational asanas such as Tadasana (Mountain Pose), Bhujangasana (Cobra Pose), and Sukhasana (Easy Pose), helping them to relax, enhance concentration, and release stress. The session aimed to provide students with a gentle introduction to yoga, encouraging them to integrate these practices into their daily routine for better physical and mental well-being.

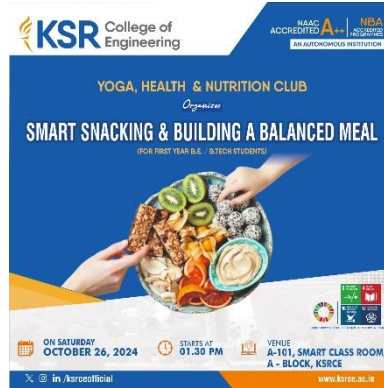


Event - 6: Smart Snacking & Building Balanced Meal

Date: 24.10.2024

Time: 1.30 pm

Venue: Smart Classroom, Block A



The Yoga Health and Nutrition Club hosted a session on "Smart Snacking and Building a Balanced Meal," guiding students on how to make healthier food choices. The session emphasized the importance of nutrient-dense snacks like fruits, nuts, and yogurt to maintain energy levels, while also teaching students how to create balanced meals that include a variety of proteins, carbohydrates, and healthy fats. The goal was to empower students to adopt practical, wholesome eating habits that support both their academic performance and overall well-being.

