



CRITERIA 5.1.3

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/ computing skills

Circular, report, List of students participated in Life skills

(Yoga, physical fitness, health and hygiene)

INDEX

S.No.	Capacity building and skills enhancement initiatives	Page No.
3.	Life skills (Yoga, physical fitness, health and hygiene)	89-123



DEPARTMENT OF PHYSICAL EDUCATION

Ref: NIT/PE/Circular-18/2021

10.10.2020

Circular

It is to inform you that Awareness on Yoga & Meditation is to be held on 14.10.2020, 10.00 am for all the B.E students. All the students are asked to attend the program through the Google meet <https://meet.google.com/dsa-yux-oikj> without fail.

Principal

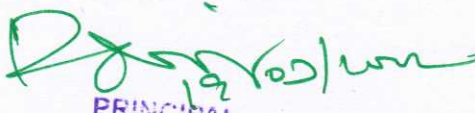
To

All HODS (Circulate to all the II year students through class advisors)

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AWARENESS ON YOGA & MEDITATION

Date : 14.10.2020, 10.00 am

Venue : Online Mode

Resource person :

Mr.Yogiraj A.Veera Thirupugazh,
Yoga Trainer,
Srirangam,Trichy

Objective :

The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature.

Content :

1. Physical postures
2. Breathing techniques
3. Meditation
4. Relaxation

Expected outcome:

- a. Improves strength
- b. Helps with back pain relief.
- c. Yoga benefits heart health.
- d. Yoga relaxes to help sleep better.
- e. Yoga can mean more energy and brighter mental ability




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COIMBATORE - 641 105.



List of students participated

Awareness on Yoga & Meditation on 14.10.2020 FN

S.No.	Dept.	Year	Reg. No.	Name
1	AERO	II	721019101001	ABISHEK A
2	AERO	II	721019101002	ANUSRIYA A
3	AERO	II	721019101003	APARNA E P
4	AERO	II	721019101004	DEEPAK R
5	AERO	II	721019101006	DOMNIC AJAY G
6	AERO	II	721019101007	ENIYAVAN N
7	AERO	II	721019101008	GOBI SHANKAR P
8	AERO	II	721019101009	GURU PRASAD K
9	AERO	II	721019101011	HARIKARAN P
10	AERO	II	721019101012	KANNAN M
11	AERO	II	721019101013	KEERTHI M B
12	AERO	II	721019101014	MOHAMED VASIB P
13	AERO	II	721019101015	PRAKASH K
14	AERO	II	721019101018	SALU PRAVEENA
15	AERO	II	721019101019	SARAVANAN M
16	AERO	II	721019101020	SIVANKUTTI K
17	AERO	II	721019101021	SOOREJ V
18	AERO	II	721019101022	VAISHNAVI T
19	AERO	II	721019101023	VISHAL G
20	AERO	II	721019101024	VISHNU R
21	AGRI	II	721019108001	AHAMED ARIFF H
22	AGRI	II	721019108002	ANITTA C BABU



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23	AGRI	II	721019108005	FELVIN GIFTY C K
24	AGRI	II	721019108006	JESWIN NIJOE A J
25	AGRI	II	721019108007	KAPIL KRITHIK T
26	AGRI	II	721019108008	KAVIYA S
27	AGRI	II	721019108009	KIRUTHIKA M
28	AGRI	II	721019108010	KUMARAGURU M
29	AGRI	II	721019108011	MEGANATHAN P
30	AGRI	II	721019108012	MOHAMMED ALI FAYAZ S
31	AGRI	II	721019108014	PRADEEP D
32	AGRI	II	721019108015	PRADEEP SINGH RATHORE A
33	AGRI	II	721019108016	SANJAY C
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35	AGRI	II	721019108018	VENNILA S
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38	CIVIL	II	721019103003	SHARATH R S
39	CIVIL	II	721019103004	SURYA P
40	CIVIL	II	721019103301	HARIHARASUDHAN PK
41	CIVIL	II	721019103303	SANJAI K
42	CIVIL	II	721019103304	VISHNU BALAJI R
43	CSE	II	721019104001	AAKASH C
44	CSE	II	721019104002	DHARANI KUMAR R
45	CSE	II	721019104003	HESSLOR LUCIAN
46	CSE	II	721019104004	HITHAYADULLAH H
47	CSE	II	721019104005	JAYA PRAKASH J
48	CSE	II	721019104006	MOHAMED IRFAN A



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49	CSE	II	721019104008	RANJITH R
50	CSE	II	721019104009	ROKKITH S K
51	CSE	II	721019104010	SABARIVASAN R
52	CSE	II	721019104011	SANJAY G
53	AERO	III	721018101001	AMALA K ROY
54	AERO	III	721018101002	AMIRTHARAJAN M
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57	AERO	III	721018101008	BALAMURUGAN M
58	AERO	III	721018101009	BUTHISHIEO V
59	AERO	III	721018101010	CHRISTO DAVIS
60	AERO	III	721018101011	DEEPIN RAGHUL AJ
61	AERO	III	721018101012	DEVAPRIYADHARSHINI P
62	AERO	III	721018101013	DILIPRAJ R
63	AERO	III	721018101014	DURGALEKSHMI V S
64	AERO	III	721018101015	GANESHAN D
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68	AERO	III	721018101022	MALAVIKA A S
69	AERO	III	721018101023	MARIYA SEJA DAVINCY S
70	AERO	III	721018101024	MOHANRAJ G



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List of students participated

Awareness on Yoga & Meditation on 14.10.2020 AN

S.No.	Dept.	Year	Reg. No.	Name
71	AERO	III	721018101025	NATARAJ S
72	AERO	III	721018101026	NEETIPUDI SUBASH
73	AERO	III	721018101027	NELSON IMMANUEL D N
74	AERO	III	721018101028	PABLOW PAULSON
75	AERO	III	721018101029	PAVITHRA K
76	AERO	III	721018101030	RAHUL M
77	AERO	III	721018101032	RAKSHANA K
78	AERO	III	721018101033	ROHITH KUMAR K
79	AERO	III	721018101034	SACHIN SANTHOSH
80	AERO	III	721018101036	SAMANEETHI M
81	AERO	III	721018101039	SANTHOSH KUMAR P
82	AERO	III	721018101040	SARAVANAN S
83	AERO	III	721018101041	SARULATHA S
84	AERO	III	721018101042	SHAGAR NISHA JENIVLINE R
85	AERO	III	721018101043	SHAHUL KAMAL S
86	AERO	III	721018101045	SHIBU P
87	AERO	III	721018101046	SIBIN R L
88	AERO	III	721018101047	SRIKANTH V
89	AERO	III	721018101050	VINOTH KUMAR V
90	AERO	III	721018101051	WILSON JACOB G
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92	CIVIL	III	721018103002	BALAJI A
93	CIVIL	III	721018103003	BENITO L



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94	CIVIL	III	721018103004	KOWSALYA M
95	CIVIL	III	721018103006	NANDANA SUNIL
96	CIVIL	III	721018103007	PANDIYARAJ S
97	CIVIL	III	721018103009	SUYIMKOKBA LONGKUMER
98	CIVIL	III	721018103010	VIKNESHWARAN M
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107	CSE	III	721018104009	NISHANTH E
108	CSE	III	721018104010	PRAVEEN G V
109	CSE	III	721018104011	RAKESH R
110	CSE	III	721018104016	SUHAIL AHAMED KHAN



D. J. G. V. V.
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DEPARTMENT OF PHYSICAL EDUCATION

Ref: NIT/PE/Circular-19/2020

22.11.2020

Circular

It is to inform you that Awareness program on Safety measure for COVID-19 prevention is to be held on 24.11.2020, 10.00 am for the B.E. students. All the students are asked to attend the program through the Google meet <https://meet.google.com/opi-tys-rfdre> without fail.

Principal

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All HODS (Circulate to all the students through class advisors)

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AWARENESS PROGRAM ON SAFETY MEASURE FOR COVID-19 PREVENTION

Date : 24.11.2020, 10.00 am

Venue : Online Mode

Resource person :

Dr.B.Nagul M.B.B.S,
CRI, PSG Medical College,
Coimbatore

Objective : The objective of this course is to spread awareness about the *COVID-19* Pandemic and how to prevent oneself and the community from being affected.

Content :

1. Awareness about the *COVID-19*
2. Prevention about the *COVID-19*

Expected outcome:

1. To know the basic knowledge about the Covid-19
2. Know about the importance of Sanitizing
3. Know about the importance of masking



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Student participated list

Awareness program on Safety measure for COVID-19 prevention on

24.11.2020 FN

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1	AERO	II	721019101001	ABISHEK A
2	AERO	II	721019101002	ANUSRIYA A
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36	CSE	II	721019104004	HITHAYADULLAH H
37	CSE	II	721019104005	JAYA PRAKASH J
38	CSE	II	721019104008	RAMPHI R



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39	CSE	II	721019104010	SABARIVASAN R
40	CSE	II	721019104011	SANJAY G
41	AERO	III	721018101001	AMALA K ROY
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64	AERO	III	721018101044	SHANMUGA PRIYA K
65	AERO	III	721018101045	SHIBU P
66	AERO	III	721018101047	SRIKANTH V
67	AERO	III	721018101048	SUJITH KANNAN S
68	AERO	III	721018101049	SUSHIL P. S
69	AERO	III	721018101051	WILSON JACOB G
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82	CSE	III	721018104013	SANJAY AU
83	CSE	III	721018104015	SROTHIKA S



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85	AERO	IV	721017101001	ABDUL RAHMAN T
86	AERO	IV	721017101002	ABILAN B
87	AERO	IV	721017101003	AHILASH KUMAR S
88	AERO	IV	721017101005	AJITH P
89	AERO	IV	721017101006	AKASH KUMAR A
90	AERO	IV	721017101009	ASHIQ DINESH P
91	AERO	IV	721017101010	ASWATHY K A
92	AERO	IV	721017101011	ATHULIYA A
93	AERO	IV	721017101013	BALAJI S
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95	AERO	IV	721017101018	DHINESHWARAN G
96	AERO	IV	721017101019	DINESH Y
97	AERO	IV	721017101020	DINESH KUMAR M
98	AERO	IV	721017101023	FREDRICK MICHEAL RAJ A
99	AERO	IV	721017101024	GAURAV KUMAR MS
100	AERO	IV	721017101026	GEETHE SRUTHI VM



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Student participated list

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S.No.	Dept.	Year	Reg. No.	Name
101	AERO	IV	721017101027	GINO GS
102	AERO	IV	721017101029	HARI HARAN S
103	AERO	IV	721017101030	JANANI SHRE P
104	AERO	IV	721017101033	KARTHIKEYAN A
105	AERO	IV	721017101035	KAVIN M
106	AERO	IV	721017101036	KAVIN RAJ M B
107	AERO	IV	721017101038	LOGESH B
108	AERO	IV	721017101039	LUMEN JOSE J
109	AERO	IV	721017101041	MATHAN KUMAR M
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114	AERO	IV	721017101050	PAVITHRA A
115	AERO	IV	721017101051	PORKODI M
116	AERO	IV	721017101055	RAJA DURAI S
117	AERO	IV	721017101056	RAJA SUGANTHAN R
118	AERO	IV	721017101057	RAMESH S
119	AERO	IV	721017101058	RANJITHKUMAR R
120	AERO	IV	721017101061	SATHISH KUMAR K
121	AERO	IV	721017101062	SIVAKABILAN K
122	AERO	IV	721017101067	SURYA T
123	AERO	IV	721017101068	UVARAJ P
124	AERO	IV	721017101069	VANITHAVENI S
125	AERO	IV	721017101070	VARUN JAISWAL
126	AERO	IV	721017101072	VIGNESH C
127	AERO	IV	721017101073	VIGNESH M
128	AERO	IV	721017101077	VINOTH KUMAR S
129	AERO	IV	721017101301	NITHISHKUMAR M
130	CIVIL	IV	721017103001	AKHILDEV
131	CIVIL	IV	721017103002	AKHIL RAJ A R
132	CIVIL	IV	721017103003	ALTAJ MUINUDDIN A
133	CIVIL	IV	721017103005	ASHIF K
134	CIVIL	IV	721017103006	BASMAH B
135	CIVIL	IV	721017103009	DHINESH KUMAR K
136	CIVIL	IV	721017103010	DINAKARAN M
137	CIVIL	IV	721017103013	KAJAMAITHEEN N
138	CIVIL	IV	721017103016	LOGESH R
139	CIVIL	IV	721017103019	NAVEEN KUMAR K



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140	CIVIL	IV	721017103020	SANKARI M N
141	CIVIL	IV	721017103022	SMITHIN MANOHARAN
142	CIVIL	IV	721017103301	AGUSTIN PAUL I
143	CIVIL	IV	721017103303	PAVITHRA R
144	CIVIL	IV	721017103305	VIJAYA RAJ K
145	CSE	IV	721017104002	AKSHAYA C
146	CSE	IV	721017104004	ARUN KUMAR. M
147	CSE	IV	721017104005	ASHIKA A
148	CSE	IV	721017104006	BARANI CHANDRU A
149	CSE	IV	721017104014	NARENDRAN K
150	CSE	IV	721017104015	RAHUL RAJA. R
151	CSE	IV	721017104017	ROHITSON D
152	CSE	IV	721017104018	SAKTHIVEL V
153	CSE	IV	721017104021	SIVAJOTHI A
154	CSE	IV	721017104022	SIVARANI T
155	CSE	IV	721017104023	SRINIVASAN M
156	CSE	IV	721017104024	SUDHAKAR C
157	CSE	IV	721017104025	SUJITH. S
158	CSE	IV	721017104026	SYED BASHEER.J
159	CSE	IV	721017104027	VISHNU V
160	MECH	IV	721017114001	ABILASH R
161	MECH	IV	721017114002	ADARSH D
162	MECH	IV	721017114006	AKHIL V
163	MECH	IV	721017114007	ARUL A
164	MECH	IV	721017114008	BALASUBRAMANI M
165	MECH	IV	721017114010	DEEPAK M
166	MECH	IV	721017114012	GOPINATH. K
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170	MECH	IV	721017114022	MANIKANDAN. R
171	MECH	IV	721017114025	MIDHUN M
172	MECH	IV	721017114027	NARENTHARRAM M
173	MECH	IV	721017114028	NIKHIL. J
174	MECH	IV	721017114031	PRAKASH K
175	MECH	IV	721017114033	RAGAVAN G
176	MECH	IV	721017114034	RAGHUL RAJ V
177	MECH	IV	721017114035	RAHUL R
178	MECH	IV	721017114036	RAJESH S
179	MECH	IV	721017114040	SANDEEP KUMAR M
180	MECH	IV	721017114041	SASTIHARI S
181	MECH	IV	721017114042	SATHISH KUMAR B
182	MECH	IV	721017114046	SOURAV P V
183	MECH	IV	721017114047	SRIHARI S
184	MECH	IV	721017114048	SUBASH D



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185	MECH	IV	721017114051	VEERAIYA S
186	MECH	IV	721017114301	AKSHAI KRISHNA S
187	AUTO	IV	721017102001	AMEER KHAN N.
188	AUTO	IV	721017102002	HARI PRASAD S
189	AUTO	IV	721017102003	MOHAMED AMEER A
190	AUTO	IV	721017102004	RAGURAMA HARIHARAN M
191	AUTO	IV	721017102006	SAKTHI DHASAN K
192	AUTO	IV	721017102007	SAMUEL SARATH SINGH S P
193	AUTO	IV	721017102009	SURYA E
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195	AUTO	IV	721017102303	SOMPRAKASH R
196	AUTO	IV	721017102304	SUBASH KUMAR T




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DEPARTMENT OF PHYSICAL EDUCATION

Ref: NIT/PE/Circular-20/2021

02.02.2021

Circular

It is to inform you that Yoga & Meditation for overall wellbeing is to be held on 09.02.2021, 10.00 am for all the B.E students. All the students are asked to attend the program through the Google meet <https://meet.google.com/oia-yul-oasj> without fail.

Principal

To
All HODS (Circulate to all the students through class advisors)

Copy to

1. IQAC
2. Office file




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YOGA & MEDITATION FOR OVERALL WELLBEING

Date : 09.02.2021, 10.00 am

Venue : Online Mode

Resource person :

Mr.Yogiraj A.Veera Thirupugazh,
Yoga Trainer,
Srirangam,Trichy

Objective :

The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature.

Content :

1. Breathing techniques
2. Physical postures
3. Meditation

Expected outcome:

- ❖ Yoga relaxes to help sleep better.
- ❖ Improves strength
- ❖ Helps with back pain relief.
- ❖ Yoga benefits heart health.



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YOGA & MEDITATION FOR OVERALL WELLBEING on 09.02.2021 FN

Student participation list

S.No.	Dept.	Year	Reg. No.	Name
1.	AERO	II	721019101001	ABISHEK A
2.	AERO	II	721019101002	ANUSRIYA A
3.	AERO	II	721019101003	APARNA E P
4.	AERO	II	721019101006	DOMNIC AJAY G
5.	AERO	II	721019101007	ENIYAVAN N
6.	AERO	II	721019101008	GOBI SHANKAR P
7.	AERO	II	721019101009	GURU PRASAD K
8.	AERO	II	721019101012	KANNAN M
9.	AERO	II	721019101013	KEERTHI M B
10.	AERO	II	721019101014	MOHAMED VASIB P
11.	AERO	II	721019101015	PRAKASH K
12.	AERO	II	721019101018	SALU PRAVEENA
13.	AERO	II	721019101019	SARAVANAN M
14.	AERO	II	721019101022	VAISHNAVI T
15.	AERO	II	721019101023	VISHAL G
16.	AERO	II	721019101024	VISHNU R
17.	AGRI	II	721019108001	AHAMED ARIFF H
18.	AGRI	II	721019108005	FELVIN GIFTY C K
19.	AGRI	II	721019108006	JESWIN NIJOE A J
20.	AGRI	II	721019108007	KAPIL KRITHIK T
21.	AGRI	II	721019108009	KIRUTHIKA M
22.	AGRI	II	721019108010	KUMARAGURU M
23.	AGRI	II	721019108011	MEGANATHAN P
24.	AGRI	II	721019108014	PRADEEP D
25.	AGRI	II	721019108015	PRADEEP SINGH RATHORE A
26.	AGRI	II	721019108017	SANTHOSH M
27.	AGRI	II	721019108018	VENNILA S
28.	CIVIL	II	721019103001	DHRISHYAL A
29.	CIVIL	II	721019103002	KHOSA KHESOH
30.	CIVIL	II	721019103004	SURYA P
31.	CIVIL	II	721019103301	HARIHARASUDHAN PK
32.	CIVIL	II	721019103303	SANJAI K
33.	CIVIL	II	721019103304	VISHNU BALAJI R
34.	CSE	II	721019104001	AAKASH C
35.	CSE	II	721019104003	HESSLOR LUCIAN
36.	CSE	II	721019104004	HITHAYADULLAH H
37.	CSE	II	721019104005	JAYA PRAKASH J
38.	CSE	II	721019104008	RANJITH R



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39.	CSE	II	721019104010	SABARIVASAN R
40.	CSE	II	721019104011	SANJAY G
41.	AERO	III	721018101001	AMALA K ROY
42.	AERO	III	721018101002	AMIRTHARAJAN M
43.	AERO	III	721018101006	ASHNAMARIA BIJU
44.	AERO	III	721018101011	DEEPIN RAGHUL AJ
45.	AERO	III	721018101012	DEVAPRIYADHARSHINI P
46.	AERO	III	721018101013	DILIPRAJ R
47.	AERO	III	721018101015	GANESHAN D
48.	AERO	III	721018101016	HANEEFA FIROSE P H
49.	AERO	III	721018101017	HARIHARAN K
50.	AERO	III	721018101020	KONSA JORIN A
51.	AERO	III	721018101022	MALAVIKA A S
52.	AERO	III	721018101023	MARIYA SEJA DAVINCY S
53.	AERO	III	721018101024	MOHANRAJ G
54.	AERO	III	721018101025	NATARAJ S
55.	AERO	III	721018101027	NELSON IMMANUEL D N
56.	AERO	III	721018101030	RAHUL M
57.	AERO	III	721018101032	RAKSHANA K
58.	AERO	III	721018101033	ROHITH KUMAR K
59.	AERO	III	721018101034	SACHIN SANTHOSH
60.	AERO	III	721018101039	SANTHOSH KUMAR P
61.	AERO	III	721018101040	SARAVANAN S
62.	AERO	III	721018101041	SARULATHA S
63.	AERO	III	721018101042	SHAGAR NISHA JENIVLINE R
64.	AERO	III	721018101044	SHANMUGA PRIYA K
65.	AERO	III	721018101045	SHIBU P
66.	AERO	III	721018101047	SRIKANTH V
67.	AERO	III	721018101048	SUJITH KANNAN S
68.	AERO	III	721018101049	SUSHIL P. S
69.	AERO	III	721018101051	WILSON JACOB G
70.	CSE	III	721018104001	ASHIK K V
71.	CSE	III	721018104003	GUNASEKAR M
72.	CSE	III	721018104006	JITHIN A
73.	CSE	III	721018104008	NIKHIL DEEPAK
74.	CSE	III	721018104009	NISHANTH E
75.	CSE	III	721018104013	SANJAY A U
76.	CSE	III	721018104015	SRUTHIKA S
77.	CSE	III	721018104016	SUHAIL AHAMED KHAN
78.	AERO	IV	721017101001	ABDUL RAHMAN T
79.	AERO	IV	721017101002	ABILAN B
80.	AERO	IV	721017101003	AHILASH KUMAR S
81.	AERO	IV	721017101005	AJITH P
82.	AERO	IV	721017101006	AKASH KUMAR A
83.	AERO	IV	721017101009	ASHIQ DINESH P



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84.	AERO	IV	721017101010	ASWATHY K A
85.	AERO	IV	721017101011	ATHULIYA A
86.	AERO	IV	721017101013	BALAJI S
87.	AERO	IV	721017101016	BOOPATHI V
88.	AERO	IV	721017101018	DHINESHWARAN G
89.	AERO	IV	721017101019	DINESH Y
90.	AERO	IV	721017101020	DINESH KUMAR M
91.	AERO	IV	721017101023	FREDRICK MICHEAL RAJ A
92.	AERO	IV	721017101024	GAURAV KUMAR MS



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YOGA & MEDITATION FOR OVERALL WELLBEING on 09.02.2021 AN

Student participation list

S.No.	Dept.	Year	Reg. No.	Name
93.	AERO	IV	721017101026	GEETHE SRUTHI VM
94.	AERO	IV	721017101027	GINO GS
95.	AERO	IV	721017101029	HARI HARAN S
96.	AERO	IV	721017101030	JANANI SHRE P
97.	AERO	IV	721017101033	KARTHIKEYAN A
98.	AERO	IV	721017101035	KAVIN M
99.	AERO	IV	721017101036	KAVIN RAJ M B
100.	AERO	IV	721017101038	LOGESH B
101.	AERO	IV	721017101039	LUMEN JOSE J
102.	AERO	IV	721017101041	MATHAN KUMAR M
103.	AERO	IV	721017101045	NANDHAKUMAR R
104.	AERO	IV	721017101046	NARENDRAN R
105.	AERO	IV	721017101047	NARESH A
106.	AERO	IV	721017101049	NISHANTH W
107.	AERO	IV	721017101050	PAVITHRA A
108.	AERO	IV	721017101051	PORKODI M
109.	AERO	IV	721017101055	RAJA DURAI S
110.	AERO	IV	721017101056	RAJA SUGANTHAN R
111.	AERO	IV	721017101057	RAMESH S
112.	AERO	IV	721017101058	RANJITHKUMAR R
113.	AERO	IV	721017101061	SATHISH KUMAR K
114.	AERO	IV	721017101062	SIVAKABILAN K
115.	AERO	IV	721017101067	SURYA T
116.	AERO	IV	721017101068	UVARAJ P
117.	AERO	IV	721017101069	VANITHAVENI S
118.	AERO	IV	721017101070	VARUN JAISWAL
119.	AERO	IV	721017101072	VIGNESH C
120.	AERO	IV	721017101073	VIGNESH M
121.	AERO	IV	721017101077	VINOTH KUMAR S
122.	AERO	IV	721017101301	NITHISHKUMAR M
123.	CSE	IV	721017104002	AKSHAYA C
124.	CSE	IV	721017104004	ARUN KUMAR. M
125.	CSE	IV	721017104005	ASHIKA A
126.	CSE	IV	721017104006	BARANI CHANDRU A
127.	CSE	IV	721017104014	NARENDRAN K
128.	CSE	IV	721017104015	RAHUL RAJA. R
129.	CSE	IV	721017104017	ROHITSON D
130.	CSE	IV	721017104018	SANTHIVEL V



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131.	CSE	IV	721017104021	SIVAJOTHI A
132.	CSE	IV	721017104022	SIVARANI T
133.	CSE	IV	721017104023	SRINIVASAN M
134.	CSE	IV	721017104024	SUDHAKAR C
135.	CSE	IV	721017104025	SUJITH. S
136.	CSE	IV	721017104026	SYED BASHEER.J
137.	CSE	IV	721017104027	VISHNU V
138.	MECH	IV	721017114001	ABILASH R
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DEPARTMENT OF PHYSICAL EDUCATION

Ref: NIT/PE/Circular-21/2021

22.01.2021

Circular

It is to inform you that Awareness program on Importance of Vaccination for Covid-19 is to be held on 29.01.2021, 11.00 am for all B.E students. All the students are asked to attend the program through the Google meet <https://meet.google.com/ynj-vcd-kath> without fail.

Principal

To

All HODS (Circulate to all B.E. students through class advisors)

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AWARENESS PROGRAM ON IMPORTANCE OF VACCINATION FOR COVID-19

Date : 29.01.2021, 11.00 am

Venue : Online Mode

Resource person :

Dr.G.Balamurugan M.S., M.D.,
K.G.Hospital,Coimbatore

Objective : The objective of this course is to spread awareness about the COVID-19 Pandemic and the importance of vaccination.

Content :

1. Awareness about the COVID-19
2. Prevention about the COVID-19
3. Importance of vaccination

Expected outcome:

1. To know the basic knowledge about the Covid-19
2. Know about the importance of Sanitizing
3. Know about the importance of masking
4. To give importance to vaccination




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List of participation

Awareness program on Importance of Vaccination for Covid-19 on 29.01.2021FN

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1	AERO	II	721019101001	ABISHEK A
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26	CIVIL	II	721019103304	VISHNU BALAJI R
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33	CSE	II	721019104011	SANJAY G
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35	AERO	III	721018101002	AMIRTHARAJAN M
36	AERO	III	721018101006	ASHNAMARIA BIJU
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42	AERO	III	721018101017	HARIHARAN K
43	AERO	III	721018101020	KONSA JORIN A
44	AERO	III	721018101022	MALAVIKA A S
45	AERO	III	721018101023	MARIYA SEJA DAVINCY S
46	AERO	III	721018101024	MOHANRAJ G
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63	CIVIL	III	721018103001	ANJITHA SANTHOSH
64	CIVIL	III	721018103002	BALAJI A
65	CIVIL	III	721018103003	BENITO L
66	CIVIL	III	721018103007	PANDIYARAJ S
67	CIVIL	III	721018103009	SUYIMKOKBA LONGKUMER
68	CIVIL	III	721018103302	SEYD RIDHIQ M
69	CIVIL	III	721018103501	SUBASHCHANDRABOSH M
70	CSE	III	721018104001	ASHIK K V
71	CSE	III	721018104003	GUNASEKAR M
72	CSE	III	721018104006	JITHIN A
73	CSE	III	721018104008	NIKHIL DEEPAK
74	CSE	III	721018104009	NISHANTH E
75	CSE	III	721018104013	SANJAY A U
76	CSE	III	721018104015	SRUTHIKA S
77	CSE	III	721018104016	SUHAIL AHAMED KHAN
78	AERO	IV	721017101001	ABDUL RAHMAN T
79	AERO	IV	721017101002	ABILAN B
80	AERO	IV	721017101003	AHILASH KUMAR S
81	AERO	IV	721017101005	AJITH P
82	AERO	IV	721017101006	AKASH KUMAR A
83	AERO	IV	721017101009	ASHIQ DINESH P
84	AERO	IV	721017101010	ASWATHY K A
85	AERO	IV	721017101011	ATHULIYA A
86	AERO	IV	721017101013	BALAJI S



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87	AERO	IV	721017101016	BOOPATHI V
88	AERO	IV	721017101018	DHINESHWARAN G
89	AERO	IV	721017101019	DINESH Y

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List of participation

Awareness program on Importance of Vaccination for Covid-19 on

29.01.2021 AN

S.No.	Dept.	Year	Reg. No.	Name
90	AERO	IV	721017101020	DINESH KUMAR M
91	AERO	IV	721017101023	FREDRICK MICHEAL RAJ A
92	AERO	IV	721017101024	GAURAV KUMAR MS
93	AERO	IV	721017101026	GEETHE SRUTHI VM
94	AERO	IV	721017101027	GINO GS
95	AERO	IV	721017101029	HARI HARAN S
96	AERO	IV	721017101030	JANANI SHRE P
97	AERO	IV	721017101033	KARTHIKEYAN A
98	AERO	IV	721017101035	KAVIN M
99	AERO	IV	721017101036	KAVIN RAJ M B
100	AERO	IV	721017101038	LOGESH B
101	AERO	IV	721017101039	LUMEN JOSE J
102	AERO	IV	721017101041	MATHAN KUMAR M
103	AERO	IV	721017101045	NANDHAKUMAR R
104	AERO	IV	721017101046	NARENDRAN R
105	AERO	IV	721017101047	NARESH A
106	AERO	IV	721017101049	NISHANTH W
107	AERO	IV	721017101050	PAVITHRA A
108	AERO	IV	721017101051	PORKODI M
109	AERO	IV	721017101055	RAJA DURAI S
110	AERO	IV	721017101056	RAJA SUGANTHAN R
111	AERO	IV	721017101057	RAMESH S
112	AERO	IV	721017101058	RANJITHKUMAR R
113	AERO	IV	721017101061	SATHISH KUMAR K
114	AERO	IV	721017101062	SIVAKABILAN K
115	AERO	IV	721017101067	SURYA T
116	AERO	IV	721017101068	UVARAJ P
117	AERO	IV	721017101069	VANITHAVENI S
118	AERO	IV	721017101070	VARUN JAISWAL
119	AERO	IV	721017101072	VIGNESH C
120	AERO	IV	721017101073	VIGNESH M
121	AERO	IV	721017101077	VINOTH KUMAR S
122	AERO	IV	721017101301	NITHISHKUMAR M
123	CIVIL	IV	721017103001	AKHILDEV
124	CIVIL	IV	721017103002	AKHIL RAJ A R
125	CIVIL	IV	721017103003	ALTAF MUINUDDIN A
126	CIVIL	IV	721017103005	ASHIF K
127	CIVIL	IV	721017103006	BASMAH B
128	CIVIL	IV	721017103009	DINESH KUMAR K



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129	CIVIL	IV	721017103010	DINAKARAN M
130	CIVIL	IV	721017103013	KAJAMAITHEEN N
131	CIVIL	IV	721017103016	LOGESH R
132	CIVIL	IV	721017103019	NAVEEN KUMAR K
133	CIVIL	IV	721017103020	SANKARI M N
134	CIVIL	IV	721017103022	SMITHIN MANOHARAN
135	CIVIL	IV	721017103301	AGUSTIN PAUL I
136	CIVIL	IV	721017103303	PAVITHRA R
137	CIVIL	IV	721017103305	VIJAYA RAJ K
138	CSE	IV	721017104002	AKSHAYA C
139	CSE	IV	721017104004	ARUN KUMAR. M
140	CSE	IV	721017104005	ASHIKA A
141	CSE	IV	721017104006	BARANI CHANDRU A
142	CSE	IV	721017104014	NARENDRAN K
143	CSE	IV	721017104015	RAHUL RAJA. R
144	CSE	IV	721017104017	ROHITSON D
145	CSE	IV	721017104018	SAKTHIVEL V
146	CSE	IV	721017104021	SIVAJOTHI A
147	CSE	IV	721017104022	SIVARANI T
148	CSE	IV	721017104023	SRINIVASAN M
149	CSE	IV	721017104024	SUDHAKAR C
150	CSE	IV	721017104025	SUJITH. S
151	CSE	IV	721017104026	SYED BASHEER.J
152	CSE	IV	721017104027	VISHNU V
153	MECH	IV	721017114001	ABILASH R
154	MECH	IV	721017114002	ADARSH D
155	MECH	IV	721017114006	AKHIL V
156	MECH	IV	721017114007	ARUL A
157	MECH	IV	721017114008	BALASUBRAMANI M
158	MECH	IV	721017114010	DEEPAK M
159	MECH	IV	721017114012	GOPINATH. K
160	MECH	IV	721017114013	GOWTHAM I
161	MECH	IV	721017114018	JESTIN C. R
162	MECH	IV	721017114019	KARTHIKEYAN R
163	MECH	IV	721017114022	MANIKANDAN. R
164	MECH	IV	721017114025	MIDHUN M
165	MECH	IV	721017114027	NARENTHARRAM M
166	MECH	IV	721017114028	NIKHIL. J
167	MECH	IV	721017114031	PRAKASH K
168	MECH	IV	721017114033	RAGAVAN G
169	MECH	IV	721017114034	RAGHUL RAJ V
170	MECH	IV	721017114035	RAHUL R
171	MECH	IV	721017114042	SATHISH KUMAR B
172	MECH	IV	721017114046	SOURAV P V
173	MECH	IV	721017114046	SRINIVAS



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174	MECH	IV	721017114048	SUBASH D
175	MECH	IV	721017114051	VEERAIYA S
176	MECH	IV	721017114301	AKSHAI KRISHNA S
177	AUTO	IV	721017102001	AMEER KHAN N.
178	AUTO	IV	721017102002	HARI PRASAD S
179	AUTO	IV	721017102003	MOHAMED AMEER A




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DEPARTMENT OF PHYSICAL EDUCATION

Ref: NIT/PE/Circular-22/2021

28.01.2021

Circular

It is to inform you that Awareness on Yoga - Practices in Pranayama pranakriyais to be held on 03.02.2021, 10.00 am for all the B.E students. All the students are asked to attend the program through the Google meet <https://meet.google.com/dsa-yux-oikj> without fail.

Principal

To
All HODS (Circulate to all the II year students through class advisors)

Copy to

1. IQAC
2. Office file




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YOGA - PRACTICES IN PRANAYAMA PRANAKRIYAS

Date : 03.02.2021, 10.00 am

Venue : Online Mode

Resource person :

Mr. Yogiraj A. Veera Thirupugazh,
Yoga Trainer,
Srirangam, Trichy

Objective :

The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature.

Content :

1. Practices- PRANAYAMA
2. Physical postures
3. Breathing techniques
4. Meditation
5. Relaxation

Expected outcome:

1. Yoga benefits heart health.
2. Yoga relaxes to help sleep better.
3. Yoga can mean more energy and brighter mental ability




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YOGA - PRACTICES IN PRANAYAMA PRANAKRIYAS

Student participation list

S.No.	Dept.	Year	Reg. No.	Name
1.	AERO	III	721018101001	AMALA K ROY
2.	AERO	III	721018101002	AMIRTHARAJAN M
3.	AERO	III	721018101004	ARAVIND PERUMAL P
4.	AERO	III	721018101006	ASHNAMARIA BIJU
5.	AERO	III	721018101008	BALAMURUGAN M
6.	AERO	III	721018101009	BUTHISHIEO V
7.	AERO	III	721018101010	CHRISTO DAVIS
8.	AERO	III	721018101011	DEEPIN RAGHUL AJ
9.	AERO	III	721018101012	DEVAPRIYADHARSHINI P
10.	AERO	III	721018101013	DILIPRAJ R
11.	AERO	III	721018101014	DURGALEKSHMI V S
12.	AERO	III	721018101015	GANESHAN D
13.	AERO	III	721018101017	HARIHARAN K
14.	AERO	III	721018101019	JEEVARATHINAM B
15.	AERO	III	721018101020	KONSA JORIN A
16.	AERO	III	721018101022	MALAVIKA A S
17.	AERO	III	721018101023	MARIYA SEJA DAVINCY S
18.	AERO	III	721018101024	MOHANRAJ G
19.	AERO	III	721018101025	NATARAJ S
20.	AERO	III	721018101026	NEETIPUDI SUBASH
21.	AERO	III	721018101027	NELSON IMMANUEL D N
22.	AERO	III	721018101028	PABLOW PAULSON
23.	AERO	III	721018101029	PAVITHRA K



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24.	AERO	III	721018101030	RAHUL M
25.	AERO	III	721018101032	RAKSHANA K
26.	AERO	III	721018101033	ROHITH KUMAR K
27.	AERO	III	721018101034	SACHIN SANTHOSH
28.	AERO	III	721018101036	SAMANEETHI M
29.	AERO	III	721018101039	SANTHOSH KUMAR P
30.	AERO	III	721018101040	SARAVANAN S
31.	AERO	III	721018101041	SARULATHA S
32.	AERO	III	721018101042	SHAGAR NISHA JENIVLINE R
33.	AERO	III	721018101043	SHAHUL KAMAL S
34.	AERO	III	721018101045	SHIBU P
35.	AERO	III	721018101046	SIBIN R L
36.	AERO	III	721018101047	SRIKANTH V
37.	AERO	III	721018101050	VINOTH KUMAR V
38.	AERO	III	721018101051	WILSON JACOB G
39.	CIVIL	III	721018103001	ANJITHA SANTHOSH
40.	CIVIL	III	721018103002	BALAJI A
41.	CIVIL	III	721018103003	BENITO L
42.	CIVIL	III	721018103004	KOWSALYA M
43.	CIVIL	III	721018103006	NANDANA SUNIL
44.	CIVIL	III	721018103007	PANDIYARAJ S
45.	CIVIL	III	721018103009	SUYIMKOKBA LONGKUMER
46.	CIVIL	III	721018103010	VIKNESHWARAN M
47.	CIVIL	III	721018103301	ARAVINDAN S
48.	CIVIL	III	721018103302	SEYD RIDHIQ M
49.	CIVIL	III	721018103501	SUBASHCHANDRABOSH M



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50.	CSE	III	721018104001	ASHIK K V
51.	CSE	III	721018104002	ATHULYA N
52.	CSE	III	721018104004	HARINDRANATH G
53.	CSE	III	721018104006	JITHIN A
54.	CSE	III	721018104008	NIKHIL DEEPAK
55.	CSE	III	721018104009	NISHANTH E
56.	CSE	III	721018104010	PRAVEEN G V
57.	CSE	III	721018104011	RAKESH R
58.	CSE	III	721018104016	SUHAIL AHAMED KHAN




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