

CRITERIA 5.1.3

5.1.3 Capacity building and skills enhancement initiatives taken by the institution

3. Life skills (Yoga, physical fitness, health and hygiene)

Circular, Report, List of students participated in Life skills (Yoga, physical fitness, health and hygiene)

INDEX

Sl. No.	Capacity building and skills enhancement initiatives	Page No.
1.	Life skills (Yoga, physical fitness, health and hygiene)	2-30



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Counseling Code -2755

Ref: CIR/2022-23/YC/1

05-12-2022

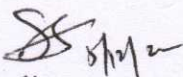
CENTRE FOR STUDENT AFFAIRS AND ALUMINI ENGAGEMENT

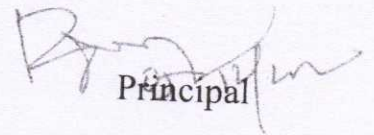
YOGA CLUB

CIRCULAR

It is to inform you that NIT yoga club is going to organise oratorical and drawing competition on theme "Save Soil" towards "World Soil Day" in association with Isha Yoga Foundation on 5-12-2022 at 3.00 pm in drawing hall Level 3.

The participants will get certificate from Isha yoga foundation. Interested students are asked to participate in the program.


Coordinator/ Yoga club
(S. SKINIMAR)


Principal

To

- Be read in all classes.

Copy to

- All HoDS
- IQAC
- Office




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COIMBATORE - 641 105.

Corporate Office: 451-D, Palakkad Main Road, Kuniyathur, Coimbatore - 641 008, Phone: 0422- 2206148 College
Campus: "Jawahar Gardens", Kaliapuram, Thirumalayampalayam (PO) Coimbatore - 641 105 Ph: 0422- 2666655
E-mail: nitprincipal@nehrucolleges.com Website: <https://nehruinstitute.com>



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NIT- Yoga Club

Academic Year: 2022-2023

Semester: ODD

Name of Activity/Event/Program	World Soil Day Celebration In association with Isha Yoga Foundation
Date	05.12.2022, 03.00 pm
Venue	Drawing Hall, Level 3
Organized by	NIT - Yoga club
Name of Faculty/Coordinator	S. Srinivasan. AP/Agri Dept, Dr. Kumaresan /centre for Students Affairs and Alumini Engagement,
Resource person	S. Srinivasan. AP/Agri Dept
Participated by	I year students
Objective	<ul style="list-style-type: none">To create awareness on saving soilTo understand importance of soil.
Content	Drawing and Elocution competition
Outcome of Activity/Event/Program	Students expressed importance of saving soil by Drawing and Elocution.

Name & Signature of Faculty/Coordinator

(S. SRINIVASAN)



10/12/22

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LIST OF STUDENTS PARTICIPATED

EVENT : World Soil Day Celebration In association with Isha Yoga Foundation

DATE : 05.12.2022

S.NO	NAME OF THE STUDENTS	Dept	Sign
1.	Mohammed Mozzammil	Information Technology	
2.	Vinoth V	Food Technology	
3.	Harish P	Computer Science Engg.	
4.	Trisha A	Food Technology	
5.	Masilamani S	Food Technology	
6.	Madheshwaran T	Computer Science Engg.	
7.	Ishwarya T	Agriculture Engineering	
8.	Hirthik rosan S	Information Technology	
9.	Sri Samritha N	Food Technology	
10.	Vanisri V	Food Technology	
11.	Saranya K	Food Technology	
12.	Kowsikah K	Information Technology	
13.	Divyadharshini T	Information Technology	
14.	Akash S	Computer Science Engg.	

Name & Signature of Faculty/Coordinator

(S. SRINIVAS)



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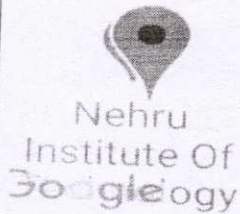
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Counseling Code -2755

EVENT : World Soil Day Celebration In association with Isha Yoga Foundation

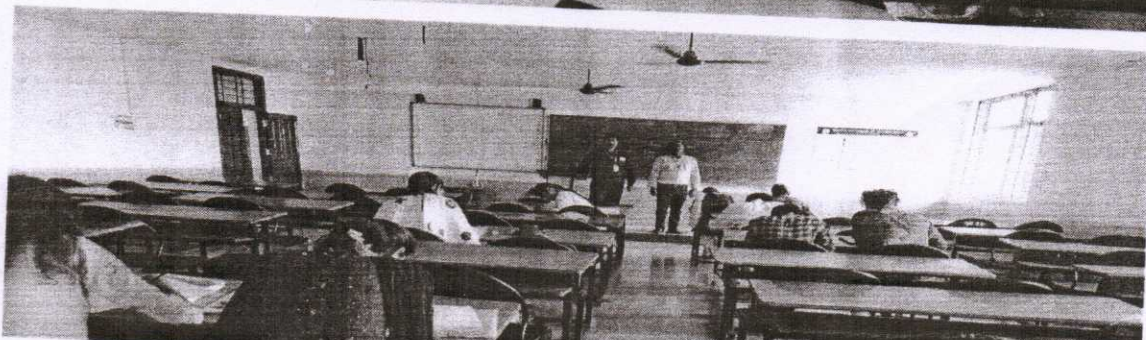
DATE : 05.12.2022

REPORT OF THE EVENT

In this event, 14 number of students were participated



GPS Map Camera
Kaliyapuram, Tamil Nadu, India
Main Block, Kaliyapuram, Tamil Nadu 641105, India
Lat 10.868548°
Long 76.916114°
05/12/22 03:16 PM GMT +05:30



GPS Map Camera
Kaliyapuram, Tamil Nadu, India
Main Block, Kaliyapuram, Tamil Nadu 641105, India
Lat 10.868559°
Long 76.916069°
05/12/22 03:24 PM GMT +05:30

Drawing and Elocution competition

10A
[Signature]



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Institute of Inner Sciences

Coimbatore

8.12.2022

CERTIFICATE OF PARTICIPATION

This is to certify that **Sri Nehru Institute Of Technology** joined hands with **Isha Foundation** in organizing various activities on **December 5, World Soil Day** to celebrate the importance of soil. The Foundation appreciates the commitment and enthusiasm of the students, staff and management.


Thank you.

Pranam

Isha Volunteer


ISHA INSTITUTE OF INNER SCIENCES
COIMBATORE.




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Institute of Inner Sciences
Isha Yoga center

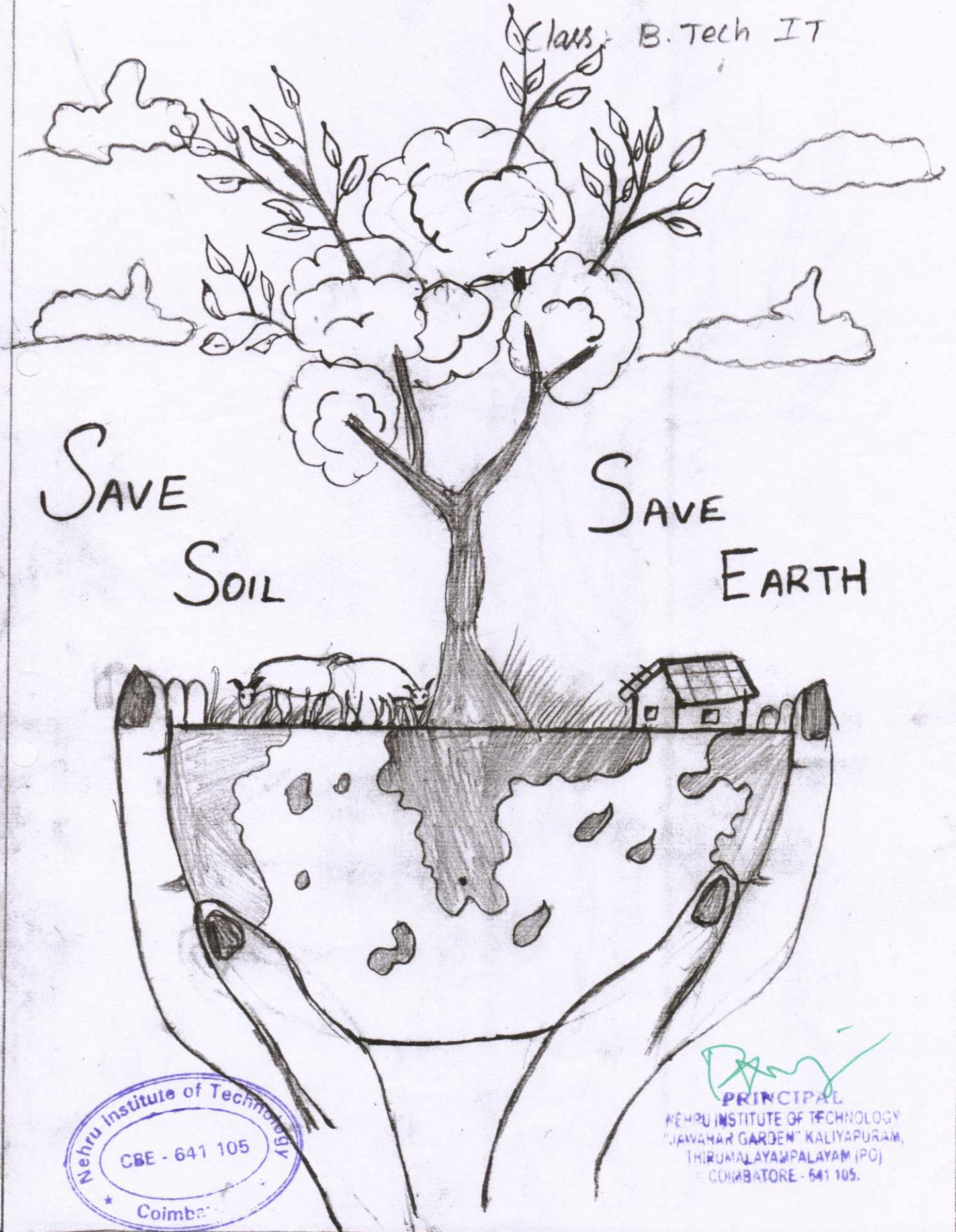
Vellaingiri foothills, Semmedu Post, coimbatore - 641 114 India.

+ 91 - 422 - 2515300 info@ishayoga.org www.ishayoga.org

Theme :- Save Soil

Name :- S. Hirshik rasan

Class :- B.Tech IT



SAVE
SOIL

SAVE
EARTH

Nehru Institute of Technology
CBE - 641 105
Coimbatore

Raj
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Yoga Club

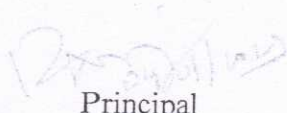
Ref: NIT/Circular-SA-08/2022-23

04.01.2023

CIRCULAR

It is to inform you that **Awareness Program of Yoga and Meditation** is to be held on 07.01.2023 at 10.00 am for the I year Aeronautical students. All the students are asked to attend the program and to get awareness on health condition.

Venue: Visvesvaraya Hall


Principal

To

1. I year HoD (circulate to I year Aero students)

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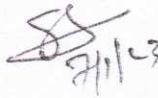
Awareness Program of Yoga and Meditation

Centre for Quality Assurance

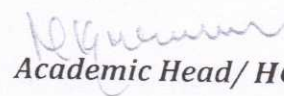
Academic Year: 2022-23

Semester: I

Name of Activity/Event/Program	Awareness Program of Yoga and Meditation
Date	07.01.2023
Venue	Visvesvaraya Hall
Organized by	Yoga Club
Name of Faculty/Coordinator	Mr.Srinivasan AP/NIT
Participated by	First Year Aeronautical Students
Objective	<ul style="list-style-type: none">To enhance the mind and body stable
Content	<ul style="list-style-type: none">Breathing techniquesMeditationRelaxation
Outcome of Activity/Event/Program	<ul style="list-style-type: none">It helps to get energy physical and mentalYoga relaxes mental pressure

 (S. SRINIVASAN)

Name & Signature of Faculty/Coordinator


Academic Head/HOD




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Awareness Program of Yoga and Meditation



Resource person taught yoga and meditation to the students




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Participation List

Awareness Program of Yoga and Meditation

Sl.No	Reg.No.	Name of the Students
1	721022101002	ABINAYA R
2	721022101003	ABISHAI AATHAVAN P
3	721022101004	ARAVIND KUMAR B
4	721022101005	DARSHAN S
5	721022101006	DHARSHINI A R
6	721022101007	ENIYAVAN T
7	721022101008	FAZIL M
8	721022101011	HARSHAVARTHAN S
9	721022101012	HARSHEEN A
10	721022101013	JACK JEEVA S S
11	721022101014	JOSHUA T
12	721022101015	KABILAN C
13	721022101016	KAILASH J
14	721022101017	KALAIAMUDAN A
15	721022101018	KARTHIKEYAN S
16	721022101021	KASINATHAN A




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17	721022101022	KAVIYA RATHIKA R
18	721022101023	MAHANANDHINI S P
19	721022101024	MANIKANDAN K
20	721022101025	MANIKANDAN M
21	721022101026	MANIKKUMAR P
22	721022101027	MATHEW JACOB J
23	721022101028	MOHANA PRASATH D
24	721022101029	MOHANRAJ K
25	721022101030	MONISHA Y
26	721022101031	NAVIN N
27	721022101032	NITHYA SRI M
28	721022101033	PERARASU R
29	721022101034	PRADEEPKUMAR R
30	721022101035	PRAVEEN S
31	721022101037	RAGUPATHI R
32	721022101038	RAHUL T
33	721022101039	RAJESH T
34	721022101040	RAVEENDAR P
35	721022101041	RAVICHANDRAN K S
36	721022101042	RUBINI D
37	721022101043	SANTHIYA C
38	721022101044	SARAN B




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39	721022101045	SARATHI S
40	721022101037	RAGUPATHI R
41	721022101046	SATHYA R
42	721022101047	SAVITHRA N
43	721022101048	S JASMINE S
44	721022101049	SOWNDHARYA C
45	721022101053	SUJITH KUMAR K
46	721022101054	SURENDIRAN D
47	721022101055	TAMILSELVAN A
48	721022101056	UDHAYA SELVAM S
49	721022101057	VARSHA M
50	721022101058	VARSHINI M
51	721022101059	VASANTH S
52	721022101060	VIKAS S
53	721022101061	YUVASREE S




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Yoga Club


Ref: NIT/Circular-SA-10/2022-23

15.02.2023

CIRCULAR

It is to inform you that **Yoga for wellbeing** is to be held on 18.02.2023 at 11.00 am for the I year computer science students. All the students are asked to attend the program and to get awareness on health condition.

Venue: Visvesvaraya Hall


Principal

To

1. I year HoD (circulate to I year CSE students)

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Yoga for wellbeing

Centre for Quality Assurance

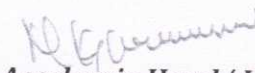
Academic Year: 2022-23

Semester: I

Name of Activity/Event/Program	Yoga for wellbeing
Date	18.02.2023
Venue	Visvesvaraya Hall
Organized by	Yoga Club
Name of Faculty/Coordinator	Mr.Srinivasan AP/NIT
Participated by	First Year Computer Science Students
Objective	<ul style="list-style-type: none">To maintain the health in good condition
Content	<ul style="list-style-type: none">Physical PostureBreathing techniquesMeditation
Outcome of Activity/Event/Program	<ul style="list-style-type: none">It helps to get our mind relaxYoga relaxes mental pressure


18/2/23 (S. SRINIVASAN)

Name & Signature of Faculty/Coordinator


Academic Head/ HOD




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Yoga for wellbeing



Students were observing yoga for their well-being




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Participation List

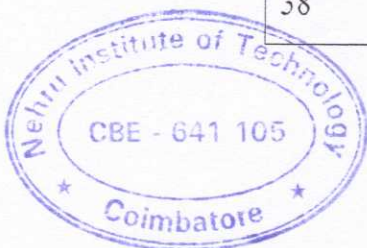
Yoga for wellbeing

Sl.No	Reg.No.	Name of the Students
1	721022104001	AADITH KRISHNA P R
2	721022104002	ADHITHYA S
3	721022104003	AKASH S
4	721022104004	ALLEN BRIGHT G
5	721022104005	ANBURAJA G
6	721022104007	ARDRA M
7	721022104008	ASIM NAINA MOHAMED A
8	721022104009	ASWATHI M
9	721022104010	ATHEESSWARI S
10	721022104011	BRITO JOYSON
11	721022104012	DANIEL FRANQLINE A
12	721022104013	DHARUN M
13	721022104014	G KRISHNA
14	721022104015	GOKUL P
15	721022104016	GOKUL KRISHNAN M
16	721022104017	HARISH P




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17	721022104018	HENA MAHATHI S
18	721022104021	KARISHMA J
19	721022104022	KARTHISEN B
20	721022104023	KATHIR VALAVAN S
21	721022104025	KOWSHIKA V
22	721022104026	KUMAR K THARUN
23	721022104027	LAKSHMIPRABHA P
24	721022104028	MADESHWARAN T
25	721022104029	MANIKANDAN C
26	721022104030	MANIKANDAN S
27	721022104031	MOHAMED SUHAIL S
28	721022104032	NIKITHASRI D
29	721022104033	NIRMAL RAJ S
30	721022104034	PANNEER SELVAM E
31	721022104035	PRAVEEN G
32	721022104036	RITHICK M
33	721022104037	RITHIK N M
34	721022104038	ROHITH B
35	721022104039	ROSHAN S
36	721022104040	RUBINI T R
37	721022104041	SAKTHISURYA M
38	721022104042	SAMUEL JABEZ R




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39	721022104043	SANJEEVIRAJ K
40	721022104044	SANTHOSH A
41	721022104045	SANTHOSH A
42	721022104046	SANTHOSH A
43	721022104047	SARAN L
44	721022104048	SARAVANAKUMAR S
45	721022104049	SELVAMANI S
46	721022104050	SHAFNA THASNI K
47	721022104051	SHANKAR M
48	721022104052	SHREYA S
49	721022104053	SINDHUJA P
50	721022104054	SIVAKUMARAN J
51	721022104055	SONA KRISHNA K
52	721022104056	SRI VIGNESHWAR S
53	721022104057	SUJEENDHAR M
54	721022104059	VASANTHAKUMAR D
55	721022104060	VASUTHA MONI J U
56	721022104061	VISHAL J
57	721022104062	VISHNU P
58	721022104063	VISHWADHARSHINI S




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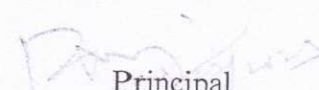
Ref: NIT/Circular-SA-14/2022-23

24.02.2023

CIRCULAR

It is to inform you that **Meditation for Mental Health** is to be held on 25.02.2023 at 11.00 am for the II year agricultural engineering students. All the students are asked to attend the program and to get awareness on health condition.

Venue: Visvesvaraya Hall


Principal

To

2. I year HoD (circulate to II year Agri students)

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Meditation for Mental Health

Centre for Quality Assurance

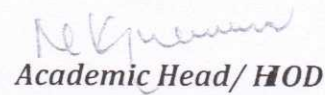
Academic Year: 2022-23

Semester: II

Name of Activity/Event/Program	Meditation for Mental Health
Date	25.02.2023
Venue	Visvesvaraya Hall
Organized by	Yoga Club
Name of Faculty/Coordinator	Mr.Srinivasan AP/NIT
Participated by	First Year Agricultural Engineering Students
Objective	<ul style="list-style-type: none">To relax the mind
Content	<ul style="list-style-type: none">MeditationBreathing techniquesRelaxation
Outcome of Activity/Event/Program	<ul style="list-style-type: none">It helps the students to come out their stressMeditation relaxes pressure


25/2/23 (S. SRINIVASAN)

Name & Signature of Faculty/Coordinator


Academic Head/HOD




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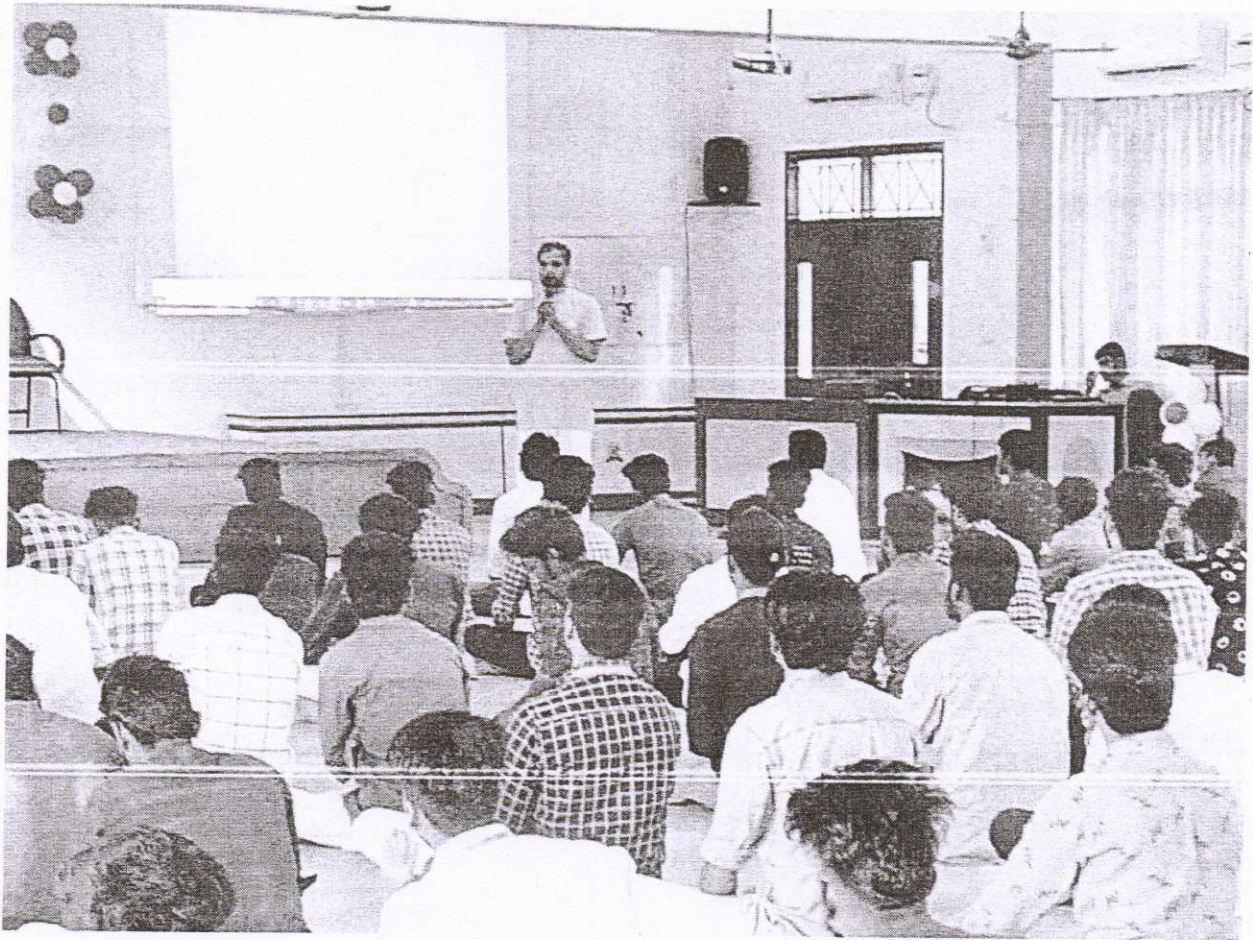


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Meditation for Mental Health



Students were meditating for relaxation




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Participation List

Yoga for wellbeing


Sl.No	Reg.No.	Name of the Students
1	721021108001	ABINAYA
2	721021108002	ANBUMANI S
3	721021108003	ARUL S
4	721021108004	ARULKUMAR M
5	721021108005	BANI BABU
6	721021108007	BOOJITH S
7	721021108008	DEEPIKA MERLIN P
8	721021108009	DHANUSH M
9	721021108010	GAYATHRI. C
10	721021108014	GUNALAN M
11	721021108015	GURUNANAK S
12	721021108016	HARINI PRIYA K
13	721021108017	JENIFAR R
14	721021108018	KABIYARASAN B
15	721021108019	KAVI BHARATHI J
16	721021108020	KAVIYA K




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17	721021108021	KOLLATI SUBRAHMANYAM
18	721021108022	MADHUMITHA S
19	721021108023	NANDANA PRADEEP
20	721021108024	NARMADHA S
21	721021108025	PAVITHRAN. S
22	721021108029	REJOYAL R J
23	721021108030	RENEESHA N
24	721021108031	SAHAN FATHIMA U
25	721021108032	SELSIYA S S
26	721021108033	SOWMIYA S
27	721021108034	SRIDHAR S
28	721021108035	THAMILARASAN R
29	721021108036	UMAYABALAN M
30	721021108037	YOGESWAR S




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Yoga Club

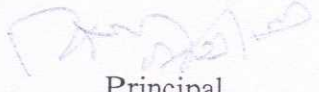
Ref: NIT/Circular-SA-13/2022-23

02.03.2023

CIRCULAR

It is to inform you that **Yoga for Health and Mind** is to be held on 05.03.2023 at 11.00 am for the I year Food Technology students. All the students are asked to attend the program and to get awareness on health condition.

Venue: Visvesvaraya Hall


Principal

To

1. I year HoD (circulate to I year food tech students)

Copy to

1. IQAC
2. Office file




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Yoga for Health and Mind

Centre for Quality Assurance

Academic Year: 2022-23

Semester: I

Name of Activity/Event/Program	Yoga for Health and Mind
Date	05.03.2023
Venue	Visvesvaraya Hall
Organized by	Yoga Club
Name of Faculty/Coordinator	Mr.Srinivasan AP/NIT
Participated by	First Year Food Technology Students
Objective	<ul style="list-style-type: none">To maintain positivity always
Content	<ul style="list-style-type: none">RelaxationPhysical PostureMeditation
Outcome of Activity/Event/Program	<ul style="list-style-type: none">It maintains our mind relaxIt will teach positivity

SS

5/3/23 (S. Srinivasan)

Name & Signature of Faculty/Coordinator

[Signature]

Academic Head/ HOD



[Signature]
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Yoga for Health and Mind




Students were listening yoga for their health and mind by the resource person




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17	721022218018	GIRI S
18	721022218019	GOKULASAKTHIVEL K
19	721022218020	GOWTHAM M
20	721022218021	HAROON RAEZ P Y
21	721022218022	JASNA J
22	721022218023	KARKUZHALI A
23	721022218024	KAVIYARASAN K
24	721022218025	KHAVYA S
25	721022218026	KISHORE KUMAR M S
26	721022218027	LIYANA N M
27	721022218028	MASILAMANI S
28	721022218029	MOHAMED YUSUFF H
29	721022218030	MURALIDHARAN G
30	721022218031	NAKSHATRAA SREE S R
31	721022218033	PACHAMUTHU A
32	721022218034	RAJESH R
33	721022218036	SAFRAN NUSRATH M
34	721022218037	SARANKUMAR V
35	721022218038	SARANYA K
36	721022218039	SELVAHARITHIRA S
37	721022218040	SIMBU G
38	721022218041	SOMNATH S




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Participation List

Yoga for Health and Mind

Sl.No	Reg.No.	Name of the Students
1	721022218002	AARATHY N
2	721022218003	AARCHA S
3	721022218004	ABINESH P
4	721022218005	ABISHEK V
5	721022218006	ADITH H
6	721022218007	ALFINO VIN JOHN
7	721022218008	AMARNATH M
8	721022218009	ANUSHIYA C
9	721022218010	APARNA B MENON
10	721022218011	ARAVINTH K J
11	721022218012	BARATH S
12	721022218013	BHUVANESWARI R
13	721022218014	DEENADHAYALAN K D
14	721022218015	DEEPIKA S
15	721022218016	DHEEPALAKSHMI A
16	721022218017	GEORGE V




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39	721022218042	SOWNDARYA VEERAMANI N
40	721022218043	SRI SAMRITHA N
41	721022218044	SUBASH CHANDRABOSE M
42	721022218045	SWATHI S K
43	721022218046	TRISHA A
44	721022218047	VAISHNAVI G
45	721022218048	VANISRI V
46	721022218050	VIJAYALAKSHMI V



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