

HEALTH  
AND  
YOGA CLUB  
2020-2021

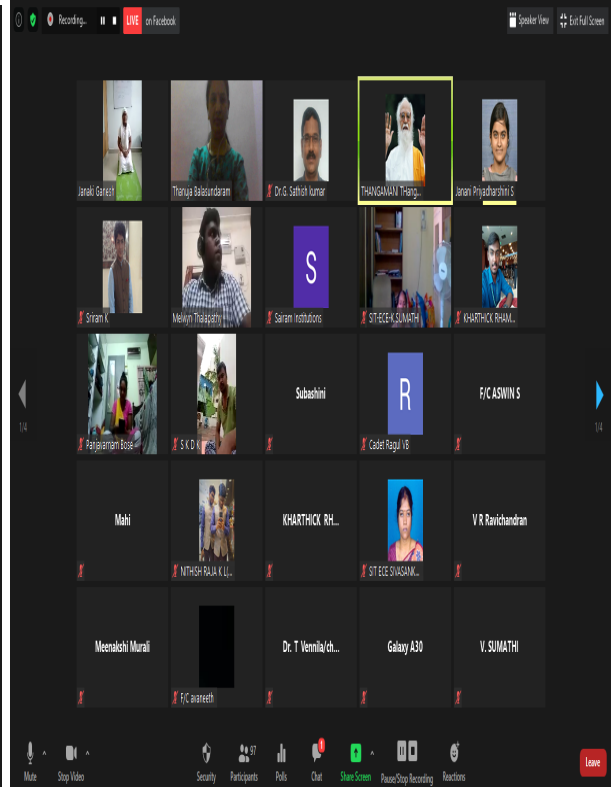
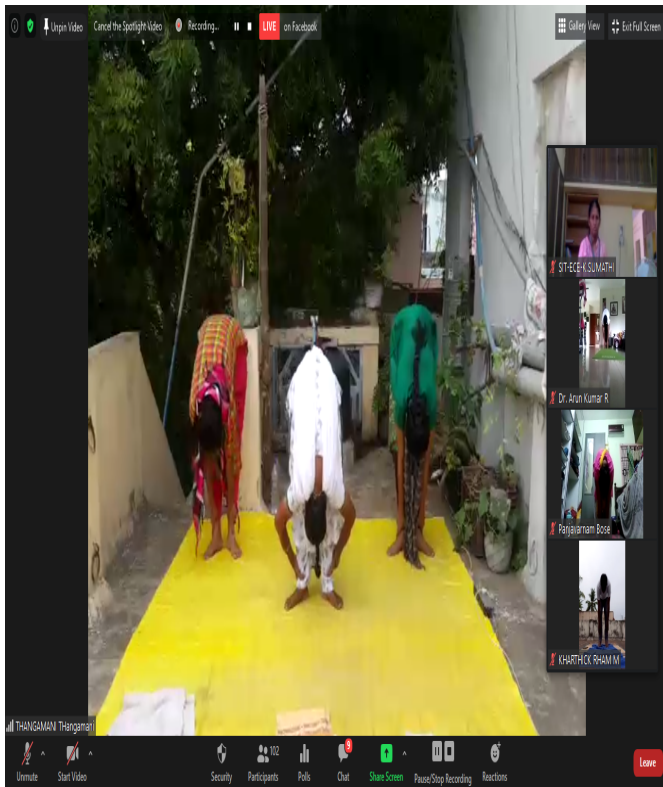
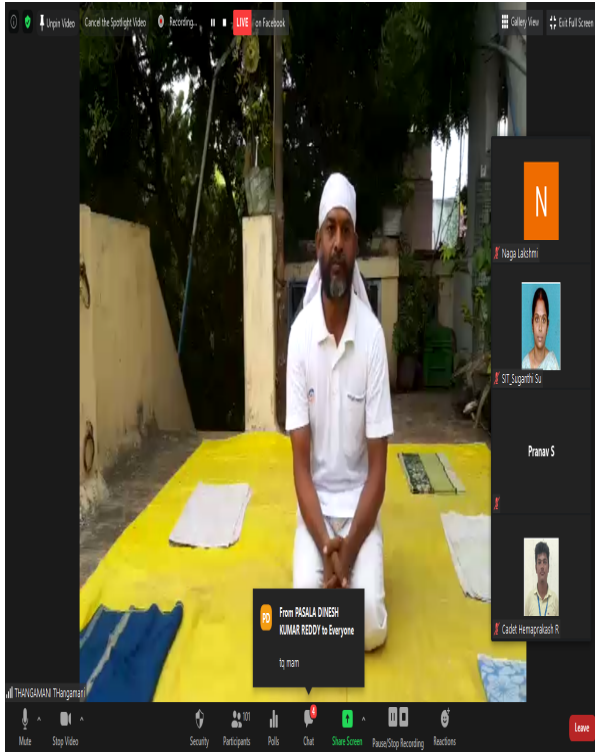
## **OBJECTIVES :**

- ❖ To promote awareness on hygienic lifestyles.
- ❖ To increase knowledge and understanding of Sanitation and Hygiene.
- ❖ To promote a healthy environment.
- ❖ To encourage outreach to the home and community
- ❖ To integrate physical, mental and spiritual consciousness of the students.
- ❖ To empower students to support their own health and well-being, in and out of the classroom.
- ❖ To enhance focus, concentration, comprehension and memory.
- ❖ To enable students to face life challenges.
- ❖ To offer students healthy ways to express and balance their emotions.

## **INTERNATIONAL YOGA DAY**

On 21.06.2020 , 6<sup>th</sup> International Yoga Day was Celebrated by Sri Sairam Engineering College Health and Yoga Club through Zoom.

No. of Beneficiaries : 110

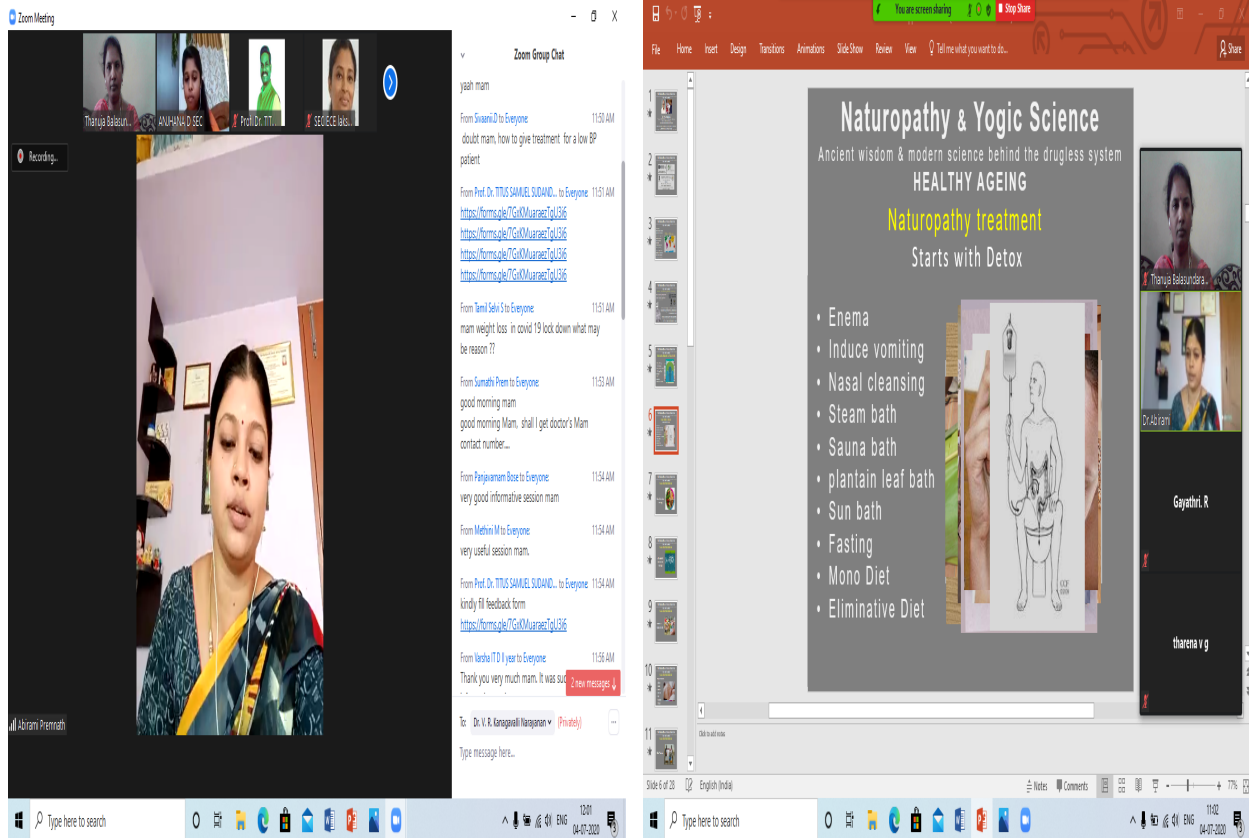


# Webinar

A Webinar on Healthy Womanhood during Covid 19 was conducted for the benefit of Women Society on 04.07.2020

No. of Beneficiaries : 115

Resource Person : Dr. Abirami BNYS.,





Zoom Meeting Controls: File, Home, Insert, Design, Tutorials, Unmute, Stop Video, Security, Participants, New Slide, Pause Share, Remote Control, More.

Slide 9 of 13: Naturopathy Treatments are Life Style & Behavioral Therapy. Ancient wisdom and the drugless system. Includes a graphic of a brain with gears and a key.

Notification: Ganga A. has entered the Waiting Room for this meeting. [Admin] See Waiting Room.

Participants: Dr. Abirani, K, JAYANTHI G.

System Tray: 11:30, 04-07-2020.

Zoom Meeting Controls: File, Home, Insert, Design, Tutorials, Unmute, Stop Video, Security, Participants, New Slide, Pause Share, Remote Control, More.

Slide 7 of 13: Naturopathy Treatments are Diet & Nutrition Therapy. Ancient wisdom and the drugless system. Includes a circular infographic of food groups: 25% PROTEIN, 25% WHOLE GRAIN & PULSES, 25% FATS, 25% FRUITS & VEGETABLES.

Notification: 2 people have entered the Waiting Room for this meeting. [See Waiting Room]

Participants: Dr. Abirani, K, Joraki Ganesh.

System Tray: 11:16, 04-07-2020.

## Webinar

A Webinar on Yogamum Magalir Manbum was conducted for the benefit of Women Society on 04.07.2020

No. of Beneficiaries : 93

Resource Person :Ms. U.Amirtha,SKY Professor

உள்ளில் உள்ள நனை!

- நான்கு வழி ஆற்றல் வழிதங்கள்
- உடல் மற்றும் மனதிற்கான செலவுறை
- சிறப்பான சீமையான வாழ்க்கை முறை
- மன ஓர்மைப்பாடு
- மனதின் மறுமுனையில் மேய்

Sairam

Recording...

Recording...

Participants: Jareli S, Tharija Babasundaram, Pooja.G, Pooja, Eamochi K, Deepthi Eangovan, SKY PROFESSOR A., meethi, Nandhime Rani, SH Sairam Eng..., Prof. Dr. TITUS S..., Panjavaram Dose, Bama P, K. Jayanthi, HEENI ROSELIN G., S.SELVARAJ, vinodhini parth..., Ganesh Logan..., V. SUMATHI/MA..., Sathya D, From Shrinidhi Srinivasan to Everyone, Cithira VM /En..., Jayapreetha. N, Samethi Priem

no video man

Mute Start Video Security Participants Chat Share Screen Pause/Stop Recording Reactions Leave

## Webinar

A Webinar on “Its time to Talk - An interactive Session for Women on Common Life Stressors And How to Manage Them” was conducted for the benefit of Women Society on 01.08.2020

No. of Beneficiaries : 88

Resource Person : Dr. Mythili Prathap, Psychiatrist

The screenshot shows a Google Meet window with a presentation slide. The slide title is "OBSERVATIONS & FINDINGS SUMMARY". The content on the slide includes:

- THE USE OF UNAUTHORIZED TEMPORARY BYPASS METHOD.
- THE REMOVAL OF SEALED WIRE ON THE BYPASS VALVES.
- A DIRECT PATH HAS ALLOWED FOR LPG TO ENTER THE PURGAGE HEADS IN THE EXPLOSER.

The Meet interface shows 40 participants in the sidebar and a control bar at the bottom with options like Mute, Start Video, Security, Participants, Polls, Chat, Share Screen, Record, Reactions, and More.

The slide is titled "WHO definition of Health". It features two large purple arrows pointing in opposite directions. The text on the slide reads:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

The slide is part of a Google Meet session, with a sidebar on the right showing participants: Janaki S, Tharaja Babu..., Sowmya YK, NIVEDHITHA J C, and Mythili Prathap. The bottom control bar shows 88 participants and various meeting controls.

Sairam  
UNIVERSITY



nirf  
108  
RANK



SUSTAINABLE  
DEVELOPMENT  
GOALS

4  
GOALS

5  
GOALS



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WoWWW  
women empowerment cell

WoWWW CELL &  
HEALTH AND YOGA CLUB



*Health Care Series III*

## WEBINAR ON IT'S TIME TO TALK - An interactive session

FOR WOMEN ON COMMON LIFE STRESSORS  
AND HOW TO MANAGE THEM

Hosting on  
ZOOM



01.08.2020, Saturday  
@ 11.00 AM

Expert Talk by



**Dr. Mythili Prathap**  
MRC Psych. Consultant, Psychiatrist,  
Shadithya Hospital

E- certificate provided to all participants  
NO Registration Fee

Registration link

<https://forms.gle/gd2qE51y6zTo7UJE8>



Dr. B. THANUJA  
Ms. S. JANAKI  
Team Lead - Health & Yoga Club

Dr. V. SASI REKHA  
Co-ordinator  
WoWWW Cell

Dr. A. RAJENDRA PRASAD  
Principal

Shri. SAI PRAKASH LEOMUTHU  
Chairman & CEO  
Sairam Institutions

# Webinar

A Webinar on “Unleash the Inhibitions by Laughing Therapy” was conducted on 10.10.2020

No. of Beneficiaries : 55

Resource Person :Mr. S.Sampath

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Organized by  
**Health & Yoga Club**

**UNLEASH THE INHIBITIONS BY LAUGHING THERAPY**

Hosting on ZOOM  
on Saturday 10 Oct, 2020  
02.00 p.m to 03.00 p.m

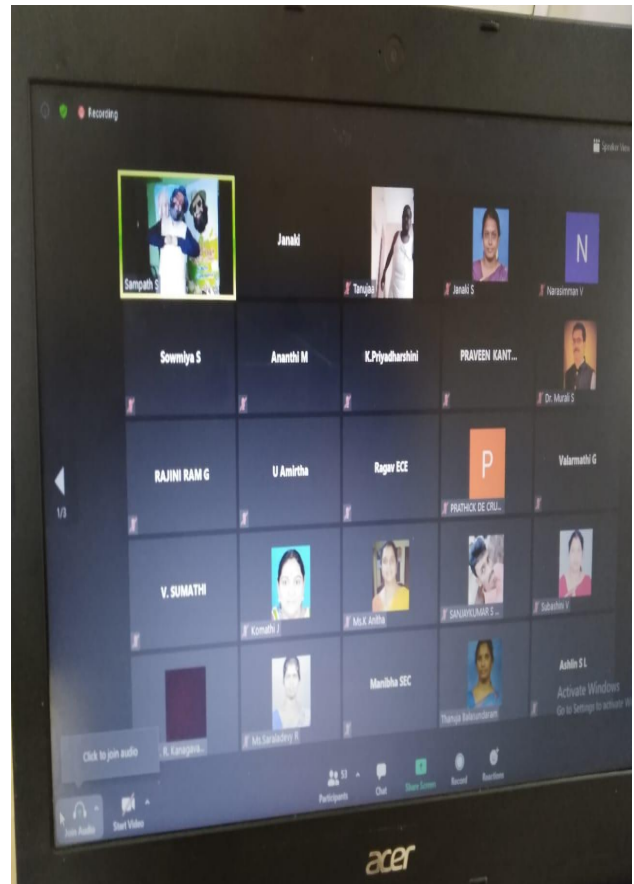
Chief Guest  
**Mr.S.SAMPATH**  
Hahs Srippeanarada, Thirumalaivoyal, Chennai.

Mrs.S.Janaki / SEC / Mr.V.Narasimman / SIT  
Co-ordinators

Dr.K.Palanikumar / Principal

Dr.A.Rajendra Prasad / Principal

Shri Sai Prakash Leo Muthu / CEO / Sairam Institutions



# ORIENTATION PROGRAMME

As a part of First Year Orientation Program, Yoga Session was conducted to all first year students on 17.11.2020

No. of Beneficiaries : 970

Resource Person : Mr. Anand Narayan, Corporate Yoga Trainer



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**INDUCTION PROGRAM**  
Day – 2 / Session - 1  
for 1<sup>st</sup> year 2020-2024 Batch Students

17<sup>th</sup> November 2020  
@ 10:00am – 11:30am  
Hosting on YouTube  
@Sairam Institutions

Topic:  
“Yoga and Meditation”

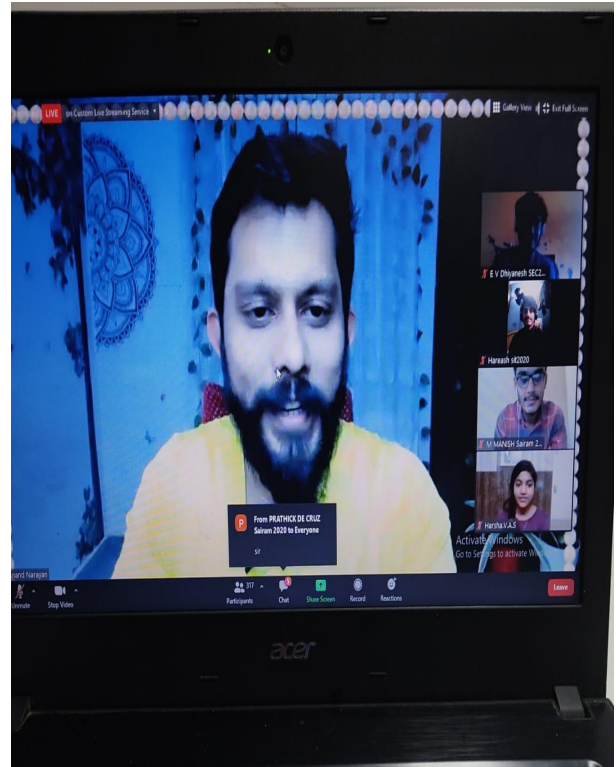
Expert talk by  
**Mr. Anand Narayan**  
Corporate Yoga Trainer



Dr. K. Palanikumar  
Principal / SIT

Dr. A. Rajendra Prasad  
Principal / SEC

Shri. Sai Prakash LeoMuthu  
Chairman & CEO





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SAAS  
nbf

**INDUCTION PROGRAM**  
Day - 2 / Session - 1  
for 1<sup>st</sup> year 2020-2024 Batch Students  
17<sup>th</sup> November 2020 @ 10:00am - 11:30am

Topic:  
"Yoga and Meditation"

Expert talk by  
**Mr. Anand Narayan**  
Corporate Yoga Trainer





## Fit India Campaign

As a part of Fit India Campaign, Health & Yoga Club Organised a webinar in the topic “Yoga and Naturopathy” on 14.12.2020 and a demo class in “Surya Namaskaram & Asanas” on 15.12.2020

No. of Beneficiaries : 188

Resource Person : Mr. Sankara Perumal and Ms. U. Amirtha



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**FIT INDIA CLUB, YOGA & HEALTH CLUB,  
NSS UNITS, UBA, NCC, YRC, ECO CLUB**

**FIT INDIA CAMPAIGN**  
Hosting on ZOOM

**YOGA & NATUROPATHY**  
14.12.2020, Monday  
@ 6.00 pm to 7.00 pm



**Mr. Sankara Perumal**  
Sankara Yoga centre,  
Tambaram



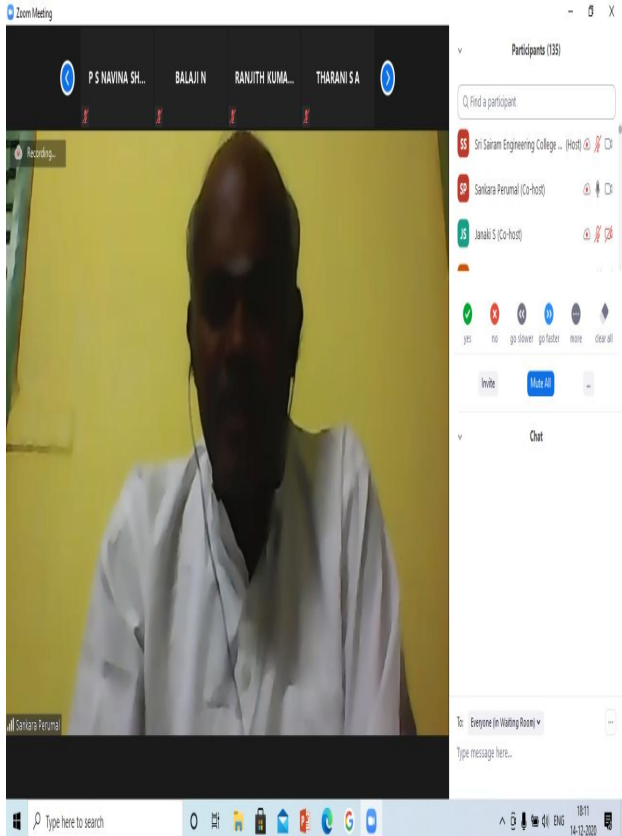
**SURYA NAMASKARAM  
& ASANAS**  
15.12.2020, Tuesday  
@ 6.00 pm to 7.00 pm



**Ms. U. Amirtha**  
Managing Trustee & Professor  
Sky Yoga Centre, Chennai.

**Dr. A. Rajendra Prasad**  
Principal

**Shri. Sai Prakash LeoMuthu**  
Chairman & CEO  
Sairam Institutions



Zoom Meeting

Participants (133)

Find a participant

S S Sairam Engineering College... (Host) ❌ ❌

S S Sankara Perumal (Co-host) ❌ ❌

S S Sankara S (Co-host) ❌ ❌

yes no go forward go back more clear all

Initiate More All

Chat

To: Everyone (in Waiting Room) ▼

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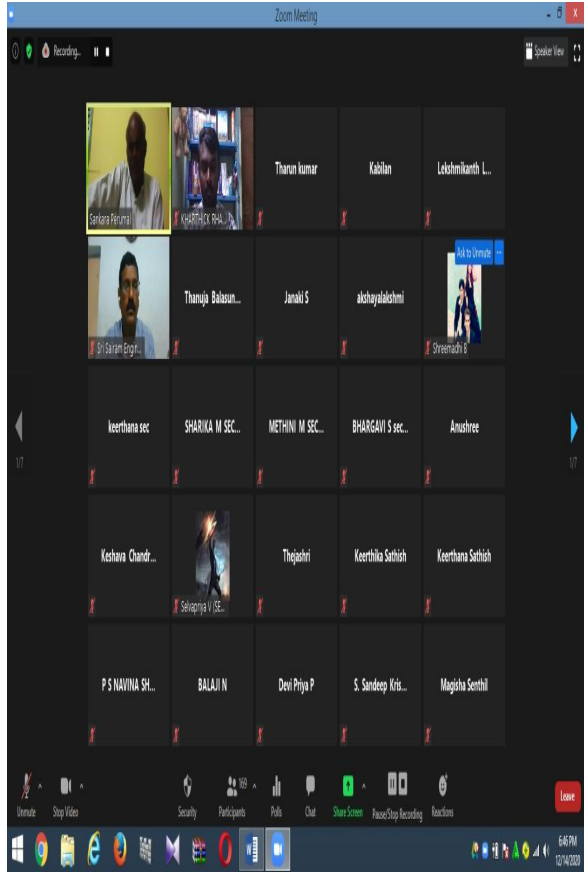
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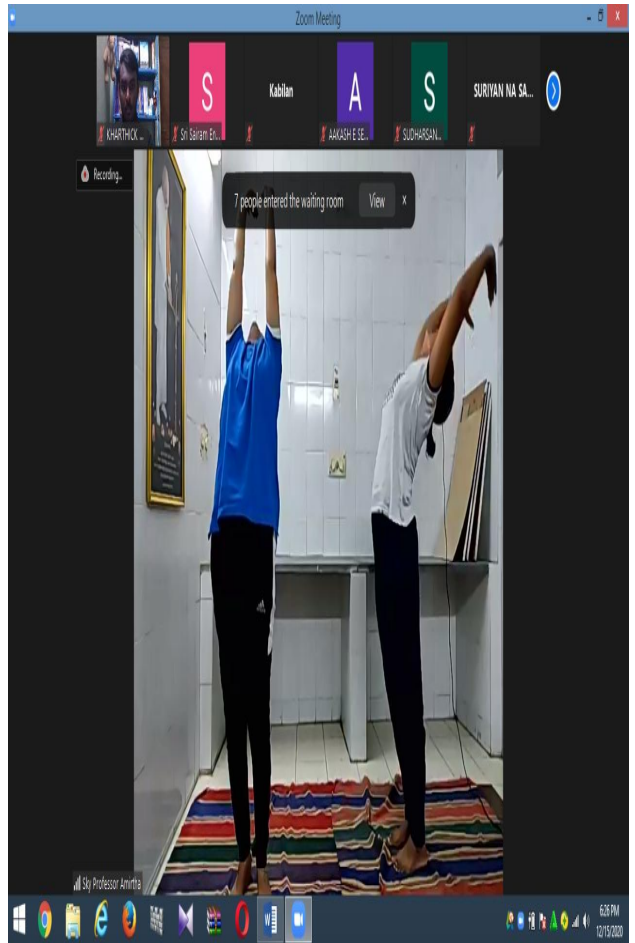
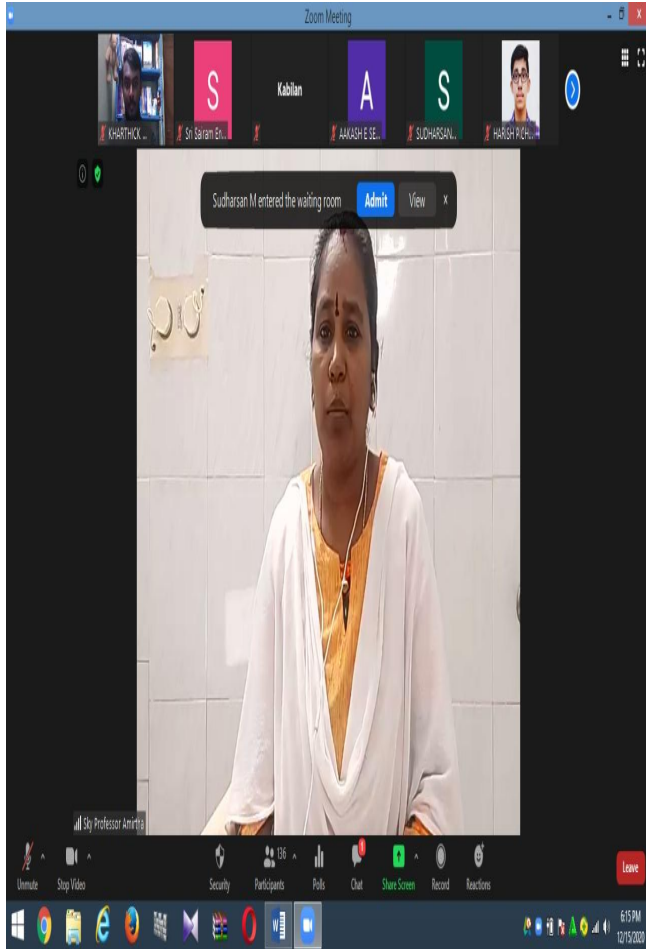
P. S. NAVINA SH... BALAJI N. RANJITH KUMA... THARANI SA

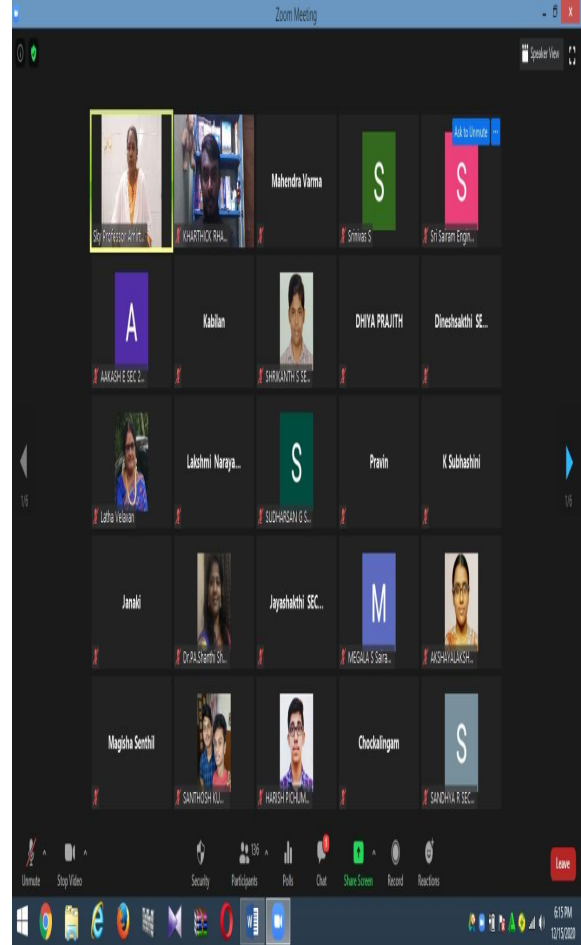
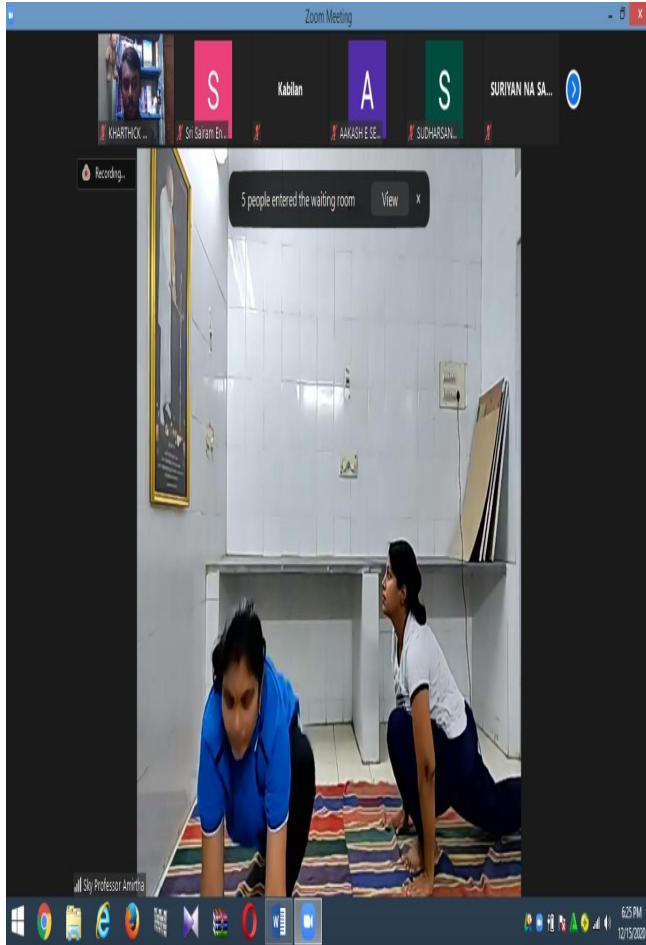
Mr. Sankara Perumal

Type here to search

ENG 18:11 14-12-2020







# WORKSHOP ON SECRETS OF BREATH

A Workshop on “Secrets of Breath” was organized on 25.2.21  
(Online mode)

No. of Beneficiaries : 44

Resource Person : Mrs. Shobana Kalyan International Faculty, Art  
of Living, Bengaluru

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HEALTH AND YOGA CLUB

SUSTAINABLE DEVELOPMENT GOALS

3 GOOD HEALTH AND WELL-BEING

**HEALTH CARE SERIES - V**  
Online Workshop on  
**SECRETS OF BREATH**  
25.02.2021, Thursday @ 6.00 pm to 7.00 pm

**GOOGLE MEET**  
[meet.google.com/aho-aevq-mna](https://meet.google.com/aho-aevq-mna)  
E-Certificate will be provided for all the Participants and No Registration Fee

**Resource Person**  
**Mrs. SHOBANA KALYAN**  
INTERNATIONAL FACULTY IN ART OF LIVING, BENGALURU.

**Organizers :**  
**M.VISWA PRIYA, IV YR | G.SHIVARAMAN, II YR.**

Mrs. K. Sumathi / AP, ECE (SIT)  
Mrs. S. Janaki / AP, MATHS (SEC)  
Team Leads - Health & Yoga Club

Dr. K. Palanikumar  
Principal / SIT

Dr. A. Rajendra Prasad  
Principal / SEC

Shri. Sai Prakash LeoMuthu  
Chairman & CEO



# Workshop on Breathing Techniques

A 6 days workshop on Breathing techniques was conducted between 26.5.21 to 31.5.21

No. of Beneficiaries : 120

Resource Persons : 1. Ms. Janaki S, Assistant Professor, 2. Ms. Panjavarnam B , Assistant Professor, Sri Sairam Engineering college, Chennai

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**Sairam HEALTH & YOGA CLUB**  
ECO AND SWACHH BHARAT CLUB

SUSTAINABLE DEVELOPMENT GOALS | 3 GOOD HEALTH AND WELL BEING

**HEALTH CARE SERIES**  
Online Workshop on  
**BREATHING TECHNIQUES**

RESOURCE PERSONS :  
**S. JANAKI/ AP MATHS (SEC)**  
**B. PANJAVARNAM/ AP ECE (SEC)**

26.05.2021 TO 31.05.2021, JOIN AT 5:30 PM TO 6:00 PM

#The Trick To Life Is To Just Keep Breathing

E-Certificate will be provided for all the Participants and No Registration Fee

STUDENT ORGANIZER : G SINDHU PRIYAA II YEAR

Registration Link : <https://forms.gle/Pf6LVNyzUy81ih3CA>

S. JANAKI  
S. HEMANTH KUMAR  
Organizers

Dr. K. Palanikumar  
Principal / SIT

Dr. A. Rajendra Prasad  
Principal / SEC

Shri. Sai Prakash LeoMuthu  
Chairman & CEO

Zoom Meeting

Janaki SEC/HEMANTH... SINDHU PRIV... Shashwat sai

Participants (61)

Find a participant

- Bhuvanewari
- BHUVANESWARI C
- BHUVANESWARI M SIT 2020
- Chitra V.M
- D.Sai Deepak
- Deepalatha
- Deivanayagi.S
- Dell
- DHARSHINI N SIT 2020
- G.Devi/SEC/MATHS
- Harini.A
- J Komathi
- Jeyanthi R
- K.SUBASHINI

Go to Settings to activate Windows.

Windows

ENG 17:41  
US 27-05-2021

Search

Zoom Meeting

SEC/HEMANTH... KHARTHICK... Shashwat sai SEC/Lakshmi M

Participants (64)

Find a participant

- Sangeetha
- Sec/Deepthi E/ MBA sec -A
- SEC/Lakshmi M
- SEC/Sujaatha A
- Selvaraju K.

Chat

good evening all

From PANJAVARNAM BOSE to Everyone:

All of you please switch on your videos so that we can correct errors if any

To: Everyone

Type message here...