



SAI RAM ENGINEERING COLLEGE
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044.



HEALTH AND YOGA CLUB

National Service Scheme

National Cadet Corps

1 TN BTY NCC -1 TN AIR SQN NCC

21.06.2021

7th INTERNATIONAL YOGA DAY

“Yoga is not about exercise but to discover the sense of oneness with yourself, world and nature”

The idea of International Yoga Day was conceived by Prime Minister Narendra Modi, who proposed the concept on September 27, 2014, during his speech at the UN General Assembly. The resolution to adopt June 21 as the International Yoga Day was introduced by India's Ambassador, Ashoke Kumar Mukerji. The draft resolution proposed by India was then endorsed by a record 177 member states. The first International Day of Yoga was observed around the world on June 21, 2015.

This year International Yoga Day is celebrated with a critical pandemic situation where everyone should be aware to do yoga as their daily routine. To make a body immune from this COVID pandemic situation. If we practice yoga long enough, the practice changes to suit our needs. It's important to acknowledge that the practice isn't meant to be one practice for everybody. The beautiful thing about yoga is that there are so many different approaches. As we go through our life cycles, we are able to find a practice that suits us. And if you practice yoga long enough, that will make changes in your life.

Sri Sairam Engineering College (SSREC)-Health and Yoga Club associated with the **NSS and NCC of 1 TN AIR SQN NCC (Air Wing) and 1(TN) BTY NCC (Army Wing)** participated in 7th International Yoga Day in our house. Here are some photos our students doing yoga.

S.No	Date	Name of the Events	Platform	No of Students participated
1	14 th to 18 th June 2021	5 days Online Workshop on Yoga For Happiness	Zoom	85
2	18 th to 21 st June 2021	Yoga at Home (photos and Video Collage) Online Events	Instagram	79
3	19 th to 20 th June 2021	7 th Sense Online and Google form Quiz Competition	Google Meet	75
4	21 st June 2021	7 th International Yoga Day	Zoom and YouTube Live	655+500
Total				1394

S.No	Year of the NCC Cadet (AIR Wing + Army Wing)	No of cadets participated
1	1st Year	36
2	2nd Year	35
3	3rd Year	30
Total		101

5 days Online Workshop on Yoga for Happiness



Sri SAI RAM
ENGINEERING COLLEGE
INSTITUTE OF TECHNOLOGY
Autonomous Institutions
West Tambaram, Chennai - 44
www.sairamgroup.in



TOP 25 RANKING INSTITUTION



HEALTH AND YOGA CLUB
NSS UNITS, UBA, NCC, YRC,
1 TN BTY NCC | 1 TN AIR SQN NCC | 1 TN MEDICAL UNIT NCC

5 Sessions online WORKSHOP on

YOGA

FOR HAPPINESS
14th – 18th June 2021



Key Modules:


1. Self Management – Key to Happiness
2. Perfect Knowledge
3. YOGA – Root of all Happiness
4. KARMA – Mystery of Happiness
5. Diet for Happiness



REGISTRATION LINK
http://bit.ly/yfh_sairam



Mr. N. Balaji Co-ordinator	Dr. K. Palanikumar Principal/SIT	Dr. A. Rajendra Prasad Principal /SEC	Shri. Sai Prakash LeoMuthu Chairman & CEO Sairam Institutions	
--------------------------------------	--	---	--	---




HARE KRISHNA MOVEMENT CHENNAI PRESENTS...


YOGA FOR HAPPINESS- SESSION 3

YOGA

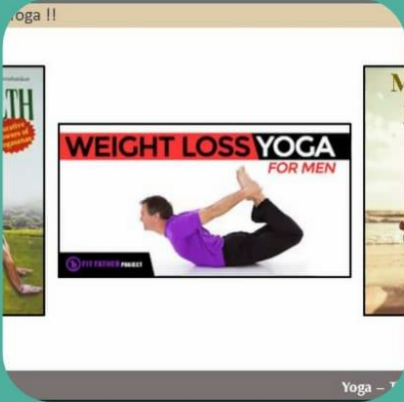
-THE ROOT OF ALL HAPPINESS



BALAJI N	A	MADHUMITA.S...
LOGESWARA	Janaki S	SANDHYA V...
Srinidhi Srinivas...	Ragul/NCC/2nd...	mahadevan
GAYATHRI R/...	Sumathi Sokkan...	Arunn T/NCC/1s...
Harshavardan....	KISHORE KULI...	SIVASHANKARI ...



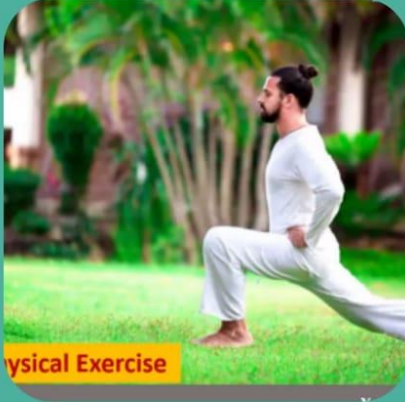
ent Chennai




Yoga !!

WEIGHT LOSS YOGA FOR MEN

Yoga - T



Physical Exercise



Let's do Mantra-Meditation now

Yoga for Happiness

Yoga - The Root of all Happiness

Santhosh P / NC...	NARESH M / ...	B.SHARUKHA S...	Va
Yuvaraj N / NCC...	Deivanayagi S	Muthumeena R	Shy
KEERTHANA.R / ...	S.SRISAKTHIVEL...	Durga Devi	3 D
AM B	Zaheer Ahmed / ...	Sanjay .M	SUNDAR V
Vignesh M / NC...	V.Lohiteshwar/ ...	Jeya Prakash...	MU



HARE KRISHNA MOVEMENT CHENNAI PRESENTS...

YOGA FOR HAPPINESS- SESSION 4

KARMA

-THE MYSTERY OF HAPPINESS





Movement Chennai

	Mukesh Ambani	Anil Ambani
In 2021	Richest person in Asia with a net worth of US \$87.4 billion	Net Worth US \$82.5 million
In 2008	Worth \$ 43 billion when he was the world's fifth richest person.	Worth \$ 42 billion when he was the world's sixth richest person.
Birth	Born to Same Parents	
Education	Stanford University (drop-out)	University of Pennsylvania
Work	Hard Working	Hard Working

— The Mystery of Happiness Yoga for Happiness

Summary

- God is equal to everyone.
Law of Karma is a proof.
- Each person is responsible for his actions and their concomitant joys and sorrows.
- In Human life we can act intelligently and transcend the laws of Karma.





SAI RAM
ENGINEERING COLLEGE
INSTITUTE OF TECHNOLOGY
Autonomous Institutions
West Tambaram, Chennai - 44
www.sairamgroup.in

HEALTH AND YOGA CLUB
NSS UNITS, UBA, NCC, YRC,
1 TN BTY NCC | 1 TN AIR SQN NCC | 1 TN MEDICAL UNIT NCC

5 Sessions online WORKSHOP on
YOGA
FOR HAPPINESS
14th – 18th June 2021

Key Modules:

1. Self Management – Key to Happiness
2. Perfect Knowledge
3. YOGA – Root of all Happiness
4. KARMA – Mystery of Happiness
5. Diet for Happiness

 **REGISTRATION LINK**
http://bit.ly/yfh_sairam

Sairam

Mr. N. Balaji
Coordinator

Dr. K. Palanikumar
Principal/SIT

Dr. A. Rajendra Prasad
Principal /SEC

Shri. Sai Prakash LeelMuthu
Chairman & CEO
Sairam Institutions

HARE KRISHNA MOVEMENT CHENNAI
PRESENTS...

YOGA FOR HAPPINESS - SESSION 2



PERFECT KNOWLEDGE


>> Modes of acquiring knowledge
>> Absolute vs Relative knowledge
>> What is the ultimate knowledge?


INSPIRED BY.....
HIS DIVINE GRACE A C BHAKTIVEDANTA SWAMI PRABHUPAD
(FOUNDER-ACHARYA OF THE WORLDWIDE HARE KRISHNA MOVEMENT)



Dr. B. Latha

BALAJI N		Pushgara Rani D...	Dr.B.Latha		Janaki S
Muthu Meena	G.Devi/SEC/MA...	SIVASHANKARI ...	MADHUMITA.S...	Suganthi Su	Sumathi Sokkan...
SARITHA GANE...			Sangeetha	Sujaatha A	Jegatha R/IT/SSIT
Priyadharshini....		Dr.B.Latha			
SASIKALA SEC E...	Ani Sugesh	MADHUMITA.S...	Nithya Nithya		





HARE KRISHNA MOVEMENT CHENNAI
PRESENTS...

YOGA FOR HAPPINESS

DIET FOR HAPPINESS










- Healthy living and food mood realltion
- Vedic perspective on food
- Consequences of poor eating habits ?




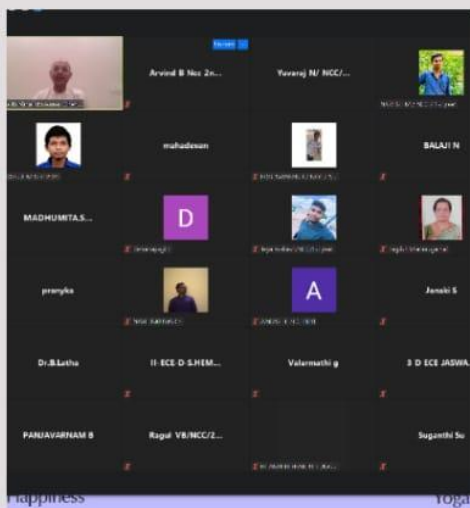
Inspired by.....
His Divine Grace A C Bhaktivedanta Swami Prabhupada
(Founder-Acharya of the Worldwide Hare Krishna Movement)



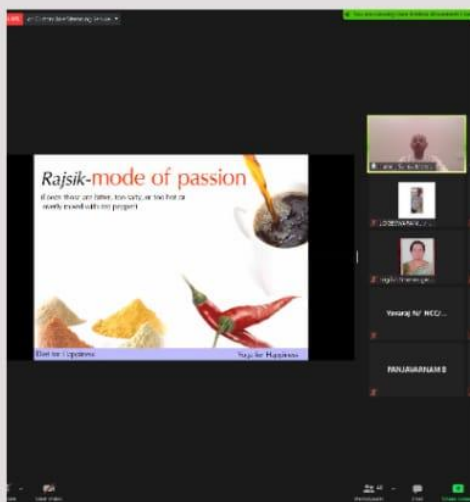
BALAJI N	Yuvaraj N/ NCC...	 NARESH M / NCC...
 LOGESWARAN...	MADHUMITA.S...	 Deivanayagi S
pranyka	 NAVEENKUMA...	 AAKASH E SEC...
II-ECE-D-S.HEM...	Valarmathi g	3 D ECE JASWA...
DHANUSH PRA...	Suganthi Su	Harshavardan....

Sativk Food	Rajasik Food	Tam
		
<p>Increases the duration of life. Purifies one's existence and gives strength, health, happiness and satisfaction</p> <p>Eg: Cereals, Fresh fruit, vegetables, pure fresh rices, milk, butter</p>	<p>Over-stimulate the body and excite the passions, making the mind restless and uncontrollable.</p> <p>Eg: strong spices, onion, garlic, stimulants such as coffee and tea, fried foods</p>	<p>They are infectious</p> <p>Eg: meat, alcohol</p>

Suganthi Su	Harshavardan....	Priyadharshini....
SIVASHANKARI ...	Arvind B Ncc 2n...	G.Devi/SEC/MA...
 Janaki S	Hanupriyan sr /...	 GAUATHRI R/N...
 Prakash P	Mohan	Pandurangi Jahn...
 VENKATESH M	From Priyadharshini.M / IT / sec to Everyone	
		Mano



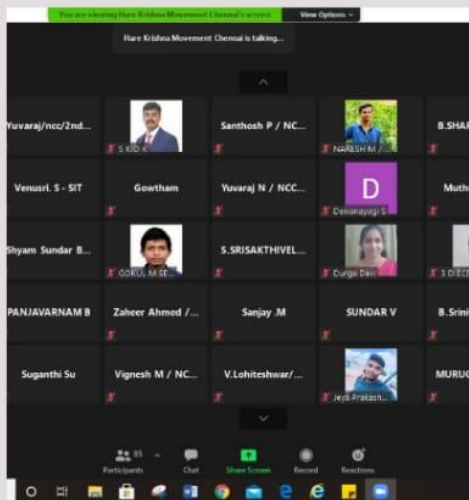
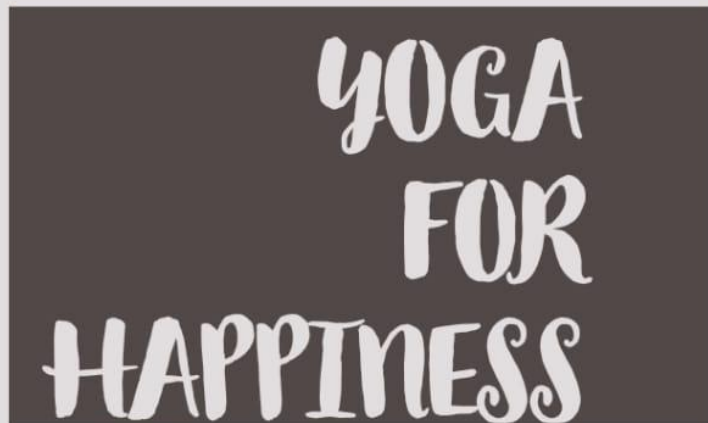
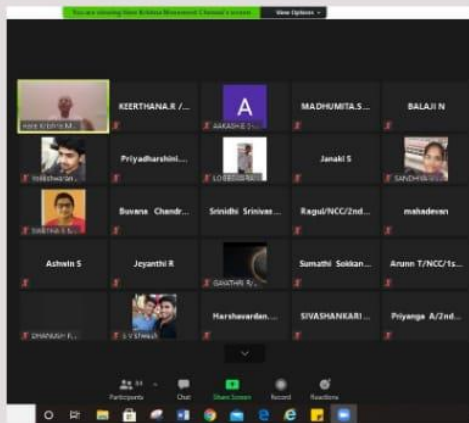
FOOD HABITS & YOGA

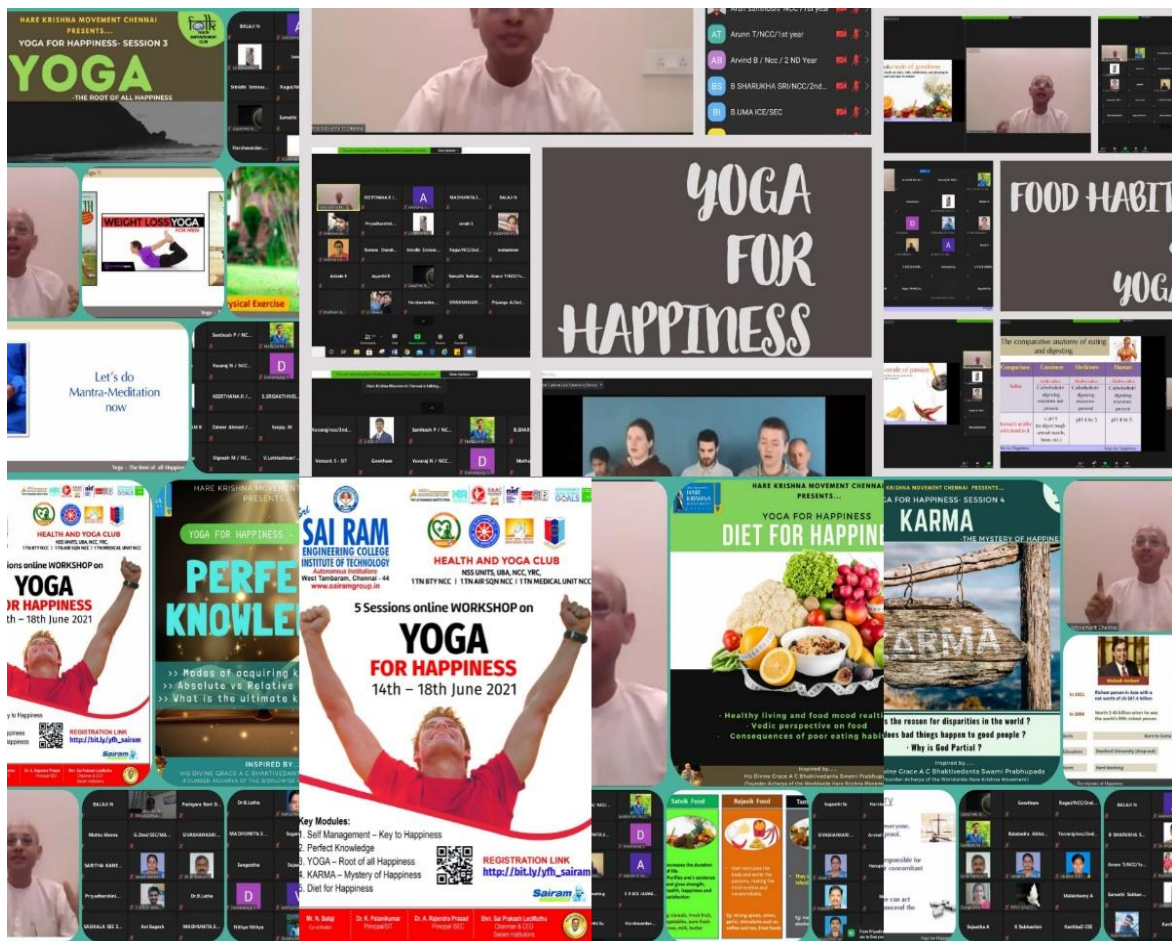


The comparative anatomy of eating and digesting

Comparison	Carnivore	Herbivore	Human
Saliva	Acidic saliva: Carbohydrate digesting enzymes not present	Alkaline saliva: Carbohydrate digesting enzymes present	Alkaline saliva: Carbohydrate digesting enzymes present
Stomach acidity with food in it	< pH 1 (to digest tough animal muscle, bone, etc.)	pH 4 to 5	pH 4 to 5

Net for Happiness Yoga for Happiness





Yoga at Home (photos and Video Collage) Online Events





NSS UNITS, UBA, NCC, YRC, HEALTH & YOGA CLUB
1TN BTY NCC | 1TN AIR SQN NCC | 1TN MEDICAL UNIT NCC

7th International YOGA Day

YOGA@HOME | June 21, 2021

Send the **PHOTO COLLAGE** of any three ASANAS
with its name or 3 Minute Video of ASANAS to the
mail id: sairamyoga@sairam.edu.in on or before **20th June 2021**





Top 20 participants will be getting Special Certificates.
E- Certificate will be provided to all the participants

For Queries Dial:



+91 91766 14721
+91 99448 15991
+91 98432 87287

Dr. K. Palanikumar
Principal / SIT

Dr. A. Rajendra Prasad
Principal / SEC

Shri. Sai Prakash LeoMuthu
Chairman & CEO
Sairam Institutions



[Edit profile](#)

Sairam_NCC

@ncc_sairam

SSEC NCC [#nationfirst](#) Official Page Of Sri Sairam Engineering College NCC UNITY & DISCIPLINE NO GUTS, NO GLORY 1 (TN) AIR SQN NCC + 1 TN (BTY) NCC

📍 Chennai, India [🌐 sairam.edu.in](#)

📅 Joined June 2021

9 Following 18 Followers

Tweets

Tweets & replies

Media

Likes



Sairam_NCC @ncc_sairam · 13h



International Day of Yoga 2021

"Yoga For Wellness"

Our Cadet has created awareness how Discipline of practice increases body by doing yoga.

[#Sairam_NCC](#)

[#1tnbtyncc](#)

[@moayush](#) [@HQ_DG_NCC](#)

[@NCCDte_TNPAN](#) [@sairamceo](#)

Ministry of AYUSH, Government of India.



[Tweets](#)[Tweets & replies](#)[Media](#)[Likes](#)**Sairam_NCC** @ncc_sairam · 14h

"The nature of yoga is to shine the light of awareness into the darkest corners of the body"

Our Cadet has created awareness how Discipline of practice increases body by doing yoga.

[#Sairam_NCC](#)[#1tnbtync](#)[@moayush](#) [@HQ_DG_NCC](#)[@NCCDte_TNPAN](#) [@sairamceo](#)

1



3

**Sairam_NCC** @ncc_sairam · 14h

YOGA is the gateway to happiness that the body needs in daily life!

Our Cadet has created awareness how Discipline of practice increases body by doing yoga.

[#Sairam_NCC](#)[#1tnbtync](#)[@moayush](#) [@HQ_DG_NCC](#)[@NCCDte_TNPAN](#) [@sairamceo](#)

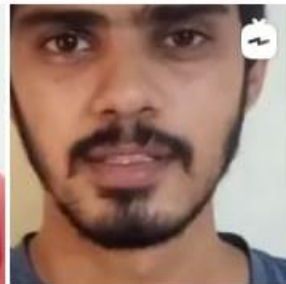
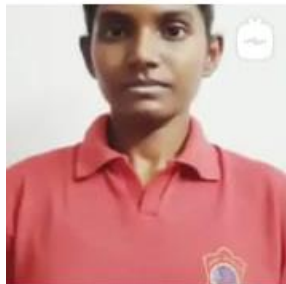
Ministry of AYUSH, Government of India.





sairamnss ▾







1 (TN) BTY NCC
CADET HARSHAVARDHAN M
TN19SDA635404



1 (TN) BTY NCC
CADET PRIYANGA A
TN19SWA635452



1 (TN) BTY NCC
CADET ARVIND B
TN19SDA635401



1 (TN) BTY NCC
CADET VIGNESH PRABHU
TN19SDA635410



1 (TN) BTY NCC
CADET SHARUHA SRI B
TN19SWA635454



1 (TN) BTY NCC
CADET GAYATHRI R
TN19SWA635451

7th Sense Online and Google form Quiz Competition



SRI SAIRAM
ENGINEERING COLLEGE
INSTITUTE OF TECHNOLOGY



NSS UNITS, UBA, NCC, YRC, HEALTH & YOGA CLUB
1TN BTY NCC | 1 TN AIR SQN NCC | 1TN MEDICAL UNIT NCC

NATIONAL CADET CORPS

proudly presents



7TH
SENSE



ONLINE QUIZ COMPETITION

On Behalf Of 7th International Yoga Day

On 20th June @6 PM



<https://meet.google.com/uod-htms-vqr>



Participants will be Awarded
With E Certificates

for quires | 6383882349
contact: |

7th International Yoga Day



Sri SAI RAM
ENGINEERING COLLEGE
INSTITUTE OF TECHNOLOGY
An Autonomous Institutions
West Tambaram, Chennai - 44



Sairam RAISE Sairam EOMS ARIIA TOP 25 RANKING INSTITUTION 108 192 SUSTAINABLE DEVELOPMENT GOALS



NCC UNNAT BHARAT ABHIYAN

NSS UNITS, UBA, NCC, YRC, HEALTH & YOGA CLUB
1 TN BTY NCC | 1 TN AIR SQN NCC |
1 TN MEDICAL UNIT NCC



NBA NAAC NIF

7th International YOGA DAY



Hosting on ZOOM 21.06.2021, Monday @ 9.00 AM

Facilitators

Yoga for Body



G. RAGHURAM
M.Phil. Yoga, Ph.D. Yoga
(Founder and Managing Trustee,
Mahaveerillam)

Yoga for Mind



HIS GRACE MUKUNDA MADHAVA DASA
(MBA, Hare Krishna Movement)

EVENT DETAILS :

1. Introduction to Yoga
2. Yoga for Body
 - Asanas, Pranayama
 - Surya Namaskar
3. Understanding Body-Mind Connection
4. Yoga for Mind
5. Yoga Quiz



Hare Krishna Movement Chennai

Registration Link : bit.ly/SAIRAM_IYD21

Ms. B. Panjavarnam
Co-ordinator

Dr. K. Palanikumar
Principal / SIT

Dr. A. Rajendra Prasad
Principal / SEC

Shri. Sai Prakash LeoMuthu
Chairman & CEO
Sairam Institutions



Participants (655)

Search

- Dinesh Kumar S K/NCC (me)
- Sri Sairam Engineering... (Host)
- Hare Krishna Movem... (Co-host)
- Dr.G. Sathish kumar (Co-host)
- G Pooja (Co-host)
- Janaki S (Co-host)
- PANJAVARNAM B (Co-host)

International YOGA Day
21st June 2021

SAI RAM ENGINEERING COLLEGE
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044.
1 TN BTY NCC

7th International YOGA DAY

Hosting on ZOOM 21.06.2021, Monday @ 9.00 AM

Facilitators

G. RAGHURAM
Hatha Yoga, Pratyahara, Asana, Pranayama, Surya Namaskar

MUKUNDA MADHAVA DASA
Hatha, Hare Krishna Movement

Hare Krishna Movement Chennai

Registration Link : bit.ly/SAIRAM_IJD21

International YOGA Day

21st June 2021

Yoga for Happiness

SAI RAM ENGINEERING COLLEGE
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044.
1 TN BTY NCC

7th International YOGA DAY

Hosting on ZOOM 21.06.2021, Monday @ 9.00 AM

Facilitators

G. RAGHURAM
Hatha Yoga, Pratyahara, Asana, Pranayama, Surya Namaskar

MUKUNDA MADHAVA DASA
Hatha, Hare Krishna Movement

Hare Krishna Movement Chennai

Registration Link : bit.ly/SAIRAM_IJD21

International YOGA Day

21st June 2021

Yoga for Happiness

SAI RAM ENGINEERING COLLEGE
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044.
1 TN BTY NCC

