



Sri SAI RAM INSTITUTE OF TECHNOLOGY

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. www.sairamit.edu.in



HEALTH AND YOGA CLUB EVENTS 2022-2023



Sri
SAIRAM
INSTITUTE OF TECHNOLOGY
An Autonomous Institution
West Tambaram, Chennai - 44
www.sairamit.edu.in



Sairam
INSTITUTIONS

Sky Yoga VIC:SE World Community Service Centre
(Manavalakalai Trust Center)

HEALTH & YOGA CLUB
organises

75
Azadi Ka
Amrit Mahotsav

8th
**International
YOGA DAY**

YOUTH FOR HUMANITY

21.06.2022, Tuesday | 10.00 am to 11.30 am | Sairam Yoga Center

Facilitators:



Professor
Shri. S. NANDA KUMAR, B.Sc, M.C.A, M.A (yoga)
Vice President Guduvanchery Sky Yoga
Manavalakalai trust center.



Professor
Shri. K. SELVAKUMAR
Adv. Diploma in Yoga,
Secretary Guduvanchery

Ms. G. Valarmathi
Co-ordinator

Dr. K. Palanikumar
Principal / SIT

Shri. Sai Prakash LeoMuthu
Chairman & CEO
Sairam Institutions





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NATIONAL CADET CORPS

1 (TN) AIR SQN NCC / 1 (TN) BTY NCC
Health and Yoga Club, YRC



Azadi Ka
Amrit Mahotsav

A tribute on
75th Anniversary of
Independence

75 Crore

[[Suryanamaskar]]



Trainer

Mr. N. BALAJI, M.Sc., (Yoga)

Hosting on
Zoom



14.01.2022 TO 03.02.2022 (21 Days)
@ 6.00 AM

PATANJALI



Dr. K. Porkumaran
Principal

Shri.Sai Prakash LeoMuthu
Chairman & CEO
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UNNAT BHARAT ABHIYAN
மேம்பட்ட இந்தியா பிரச்சாரம்



NATIONAL SERVICE SCHEME, NATIONAL CADET CORPS

1 (TN) AIR SQN NCC / 1 (TN) BTY NCC, Health and Yoga Club, YRC

Countdown Programme for 8th International Day of



15 Days Training Programme on Common Yoga Protocol (CYP)

28-04-2022 to 19-05-2022 | 4.30 to 5.30 PM | Sairam Yoga Center

Yoga for mind, Body and Soul

Yoga Instructor

Mr. N.BALAJI, AP/ICE

M.Sc.,(Yoga)., Ministry of AYUSH certified -
Yoga Protocol Instructor

Mrs. S. Janaki, Yoga
Dr. G. Sathish Kumar, NSS
Lt. S. K. Dinesh Kumar, NCC
Co-ordinators

Dr. K. Porkumaran
Principal/SEC

Shri. Sai Prakash LeoMuthu
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HEALTH AND YOGA CLUB EVENTS 2022-2023

World Cancer Day
Awareness Program on Cancer For Girls

Guest :
Dr. Sakthiya

Date : 04/02/2022
Time : 2:00 PM

Venue : Smart Class



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ARIIA
AZIL RANKING OF INSTITUTIONS ON INNOVATION ACHIEVEMENTS
TOP 25 RANKING INSTITUTION

108 RANK NIRF
192 RANK

INSTITUTIONS INNOVATION COUNCIL
SUSTAINABLE DEVELOPMENT GOALS

NSS UNITS, UBA, NCC, YRC, HEALTH & YOGA CLUB
1 TN BTY NCC | 1 TN AIR SQN NCC | 1 TN 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. Patanikumar
Principal / SIT

Dr. A. Rajendra Prasad
Principal / SEC

Shri. Sai Prakash LeoMuthu
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NSS UNITS, UBA, NCC, YRC, HEALTH & YOGA CLUB 1 TN BTY NCC | 1 TN AIR SQN NCC



Youth Red Cross

Cordially invites you for the



8th International YOGA Day

Date: Tuesday, 21st June 2022

Time: 9.30 a.m. to 10.30 a.m.

Venue: Sigma Auditorium

Yoga Instructor

Prof. S. NITHYASRI, M.Phil

V.P. Smart, WCSC, Kancheepuram Zone

Mrs. S. Janaki
Health & Yoga Club
Co-ordinator

Dr. K. Porkumaran
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1TN BTY NCC | 1TN AIR SQN NCC | 1TN 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

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