



P.S.V. COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

(Inclusion Under Section 2(f) & 12(B) of the UGC Act, 1956)

(An ISO 9001: 2015 Certified Institution)

Bangalore - Chennai Highway, (NH-46),

Mittapalli, Balinayanapalli Post, Krishnagiri - 635 108



Report of the Event

Name of the Event	YOGA Training Program
Academic Year	2021-2022
Date of the Event	21-06-2022
Organizing Club	NSS Unit, PSVCET
Collaborating Agency	AROYABHARATHI TAMILNADU
Organizing Staff Details	Mr.C.PRAKASH NARAYANAN,AP/CSE Mr.D.PUSHPARAJAN,AP/S&H
Number of Participants	63
Description of the program: <p>NSS UNIT of P.S.V College of Engineering & Technology organized YOGA Training Program on 21-06-2022 in college seminar hall, around 63 students participated.</p> <p>Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, yoga helps us keep control of our bodies as well as mind.</p> <p>It is a great channel for releasing our stress and anxiety. Yoga gained popularity gradually and is now spread in all regions of the world. It unites people in harmony and peace. Yoga has numerous benefits if we look at it closely. You will get relief when you practice it regularly. As it keeps away the ailments from our mind and body. In addition, when we practice several asanas and postures, it strengthens our body and gives us a feeling of well-being and healthiness.</p>	



P.S.V. COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

(Inclusion Under Section 2(f) & 12(B) of the UGC Act, 1956)

(An ISO 9001: 2015 Certified Institution)

Bangalore - Chennai Highway, (NH-46),

Mittapalli, Balinayanapalli Post, Krishnagiri - 635 108



Photos of the Event



PRACTICING YOGA

Date: 21-06-2022 Time: 02 P.M.

The Students actively participating in YOGA training program

Organized by NSS Unit in our college.

NSS COORDINATOR



P.S.V. COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

(Inclusion Under Section 2(f) & 12(B) of the UGC Act, 1956)

(An ISO 9001: 2015 Certified Institution)

Bangalore - Chennai Highway, (NH-46),

Mittapalli, Balinayanapalli Post, Krishnagiri - 635 108



NATIONAL SERVICE SCHEME

Ref.No: PSVCET/2021-2022/NSS/9

Date: 17-06-2022

CIRCULAR

NSS Unit of PSVCET is decided to organize YOGA Training Program for beginners on 21-06-2022 at 2.00 pm in seminar hall. Hence all the interested students are requested to attend the Program.

PRINCIPAL

Copy to:

1. The IQAC.
2. All Department HODs.
3. Circular File.



P.S.V. COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

(Inclusion Under Section 2(f) & 12(B) of the UGC Act, 1956)

(An ISO 9001: 2015 Certified Institution)

Bangalore - Chennai Highway, (NH-46),

Mittapalli, Balinayanapalli Post, Krishnagiri - 635 108



PARTICIPANT LIST

Name of the Event : YOGA Training Program
Date : 21-06-2022
Venue : SEMINAR HALL PSVCET
Coordinator : Mr.C.PRAKASH NARAYANAN,AP/CSE
Mr.D.PUSHPARAJAN,AP/S&H

S.No.	Register Number	Name of the Students	Year / Department
1	611821104006	DEENADAYALAN R	I/CSE
2	611821104007	DHANASEKAR V	I/CSE
3	611821205062	VEERAPANDIYAN L	I/IT
4	611821106010	DHANUSH S	I/ECE
5	611821114002	BALAJI S	I/MECH
6	611821114003	BHARATHAN S K	I/MECH
7	611821114004	DHINAKARAN P	I/MECH
8	611821114005	DINESHKUMAR S	I/MECH
9	611821103009	SANTHOSH KUMAR J S	I/CIVIL
10	611820104010	DHANUSH.S	II/CSE
11	611820104011	DINESH KUMAR.M	II/CSE
12	611820104012	GOKULAKRISHNA	II/CSE



P.S.V. COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

(Inclusion Under Section 2(f) & 12(B) of the UGC Act, 1956)

(An ISO 9001: 2015 Certified Institution)

Bangalore - Chennai Highway, (NH-46),

Mittapalli, Balinayanapalli Post, Krishnagiri - 635 108



S.No.	Register Number	Name of the Students	Year / Department
13	611820104013	GNANASEKARAN.J	II/CSE
14	611820205010	JAYA PRAKASH.G	II/IT
15	611820205027	PERARASAN	II/IT
16	611820205009	JAI PRAKASH.N	II/IT
17	611820106018	SANTHOSHKUMAR.S	II/ECE
18	611820106019	SARATH.I	II/ECE
19	611820105003	BOOBATHY.A	II/EEE
20	611820105004	DAYANITHY.R	II/EEE
21	611820105005	GOKUL.P	II/EEE
22	611820105006	GOPINATH R	II/EEE
23	611820114003	ASHOKKUMAR G	II/MECH
24	611820114004	DEEPAK.M.S	II/MECH
25	611820114005	DEEPAKRAJSH.P	II/MECH
26	611820114006	GUGAN S	II/MECH
27	611820103001	AJAY.B	II/CIVIL
28	611820103002	ARUN KUMAR K	II/CIVIL
29	611819104014	ELANGKAVI M	III/CSE
30	611819104015	GANGADHARAN M	III/CSE
31	611819104018	JAYARAHUL. V	III/CSE



P.S.V. COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

(Inclusion Under Section 2(f) & 12(B) of the UGC Act, 1956)

(An ISO 9001: 2015 Certified Institution)

Bangalore - Chennai Highway, (NH-46),

Mittapalli, Balinayanapalli Post, Krishnagiri - 635 108



S.No.	Register Number	Name of the Students	Year / Department
32	611819104019	JEEVANANDHAM S	III/CSE
33	611819104047	SRINIVASAN.C	III/CSE
34	611819205014	MOORTHY K	III/IT
35	611819205015	MUTHUKUMAR A	III/IT
36	611819106028	MURALIDHARAN M	III/ECE
37	611819106029	MUTHAZHAGAN P	III/ECE
38	611819105022	SANJAY N	III/EEE
39	611819105023	SATHISH R	III/EEE
40	611819105024	SATHIYARAJ P	III/EEE
41	611819105025	SIVA KUMAR P	III/EEE
42	611819114025	RAMESH S	III/MECH
43	611819114026	RITHIK.S	III/MECH
44	611819114027	SABARIRAMACHANDRAN R	III/MECH
45	611819114028	SAKTHIVEL M	III/MECH
46	611819114029	SAMEER S	III/MECH
47	611819114030	SATHISHKUMAR S	III/MECH
48	611819114031	SATHISH KUMAR M	III/MECH
49	611819103001	GOPINATH M	III/CIVIL
50	611819103002	KUMAR S	III/CIVIL



P.S.V. COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

(Inclusion Under Section 2(f) & 12(B) of the UGC Act, 1956)

(An ISO 9001: 2015 Certified Institution)

Bangalore - Chennai Highway, (NH-46),

Mittapalli, Balinayanapalli Post, Krishnagiri - 635 108



S.No.	Register Number	Name of the Students	Year / Department
51	611819103003	MUTHU KUMAR T	III/CIVIL
52	611818104011	DINESH G	IV/CSE
53	611818104012	EAGANATHAN S	IV/CSE
54	611818205007	JOHN PETER I	IV/IT
55	611818106004	BAASIL M	IV/ECE
56	611818106005	BALACHANDAR M	IV/ECE
57	611818105006	ELANGO VAN S	IV/EEE
58	611818105007	ELAVARASAN S	IV/EEE
59	611818103007	PRASANTH A	IV/CIVIL
60	611818114018	MURALI K	IV/MECH
61	611818114019	MURUGAN D	IV/MECH
62	611818114020	PRADEEP V	IV/MECH
63	611818114021	PRASANTH S	IV/MECH

NSS COORDINATOR