



**GRT INSTITUTE OF  
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TECHNOLOGY, Tiruttani**



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## **5.1.2 – LIFE SKILLS**

### **ACADEMIC YEAR**

### **2021 - 2022**



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**5.1.2 – LIFE SKILLS**

S. No	Name of the capability enhancement program	Date of implementation	No. of students enrolled	Name of the agencies/ consultants involved with contact details (if any)
1	One day Programme on Health Camp	13.08.2021	170	Mr. S. SenthilPrabhu, Director of Physical Education, Sriram Engineering College, <b>Mobile Number:</b> 9941199443 <b>Email ID:</b> thillprabu@gmail.com
2	One day Programme on Physical Fitness and Health Care	04.04.2022	150	Dr.Dinakarprasad, Director of Physical Education, Prathyusha Engineering college, Chennai. <b>Mobile Number:</b> 9797749200 <b>Email ID:</b> dina.prasad@gmail.com
3	One day Workshop on Stress Management	01.06.2022	180	Mr. K.Saravanan, Corporate Trainer, BSA skills, <b>Mobile Number:</b> 9600387972 <b>Email ID:</b> saravanansaranoll@gmail.com
4	One day Programme on Demo on Yoga	14.06.2022	160	Mrs.Selvarani, Director of Physical Education, PMC Tech, Hosur. <b>Mobile Number:</b> 9487508794 <b>Email ID:</b> jselvarani14@gmail.com
5	One day Programme on International Yoga Day	21.06.2022	150	Mr. S.Jagadeesh, Director of Physical Education, Paavai Engineering college, Namakkal. <b>Mobile Number:</b> 9865336734 <b>Email ID:</b> askjagadeesh@gmail.com





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11.08.2021

**CIRCULAR**

The Department of Physical Education is organising a **One-day Programme on Health camp** for all UG and PG final year students on 13/8/2021 in the GRTIET campus, led by **Mr. S. SenthilPrabhu, Director of Physical Education, Sriram Engineering College** to expose the students to health-related benefits.

  
**PHYSICAL DIRECTOR**

  
**PRINCIPAL**  
11/8/21

Copy submitted to CMD / Dean

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1. A.O
2. All HODs
3. Notice Board

HOD BME	HOD CIVIL	HOD CSE	HOD EEE	HOD ECE	HOD MECH	HOD MBA
						



  
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## *Department of Physical Education*

### **One day Programme on Health Camp**

#### *Resource Person*

**Mr.S.Senthil Prabhu,**  
Physical Director  
Sriram Engineering College.

#### *Organizing Secretary*

**Dr. G Vinayagam**  
Physical Director - GRTIET

**Date: 13.08.2021**

**Time: 8.30am to 3.20pm**

#### *Organizing Chairperson*

**Dr. S. Arumugan**  
Principal - GRTIET



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**CHIEF GUEST PROFILE**



Mr. S. Senthil Prabhu is the Director of Physical Education at Sri Ram Engineering College in Perumalpattu. He has a B.P.E.S., M.P.Ed., M.Phil., U.G. Diploma in Yoga, P.G. Diploma in Yoga, M.Sc. Yoga, and is pursuing a Ph.D. He has more than 16 years of experience in the field of physical education. He has achieved rankings in both zonal and inter-zonal competitions. He won awards for best team manager in Kabbadi, Ball badminton, Chess, and Hockey. He is one of the members of the Anna University selection committee for the Kabbadi Team, Ball Badminton Team, Tennis Team, and Archery Team and his area of interest is Yoga and Meditation classes, Ball Badminton, Discipline Maintenance, Hand Ball, Kabbadi, Foot Ball, Volley Ball, Kho-kho, Throw Ball, Cricket, Badminton, Track, and Field.



  
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**PROGRAMME REPORT**

**ONE DAY PROGRAMME ON HEALTH CAMP**

<b>Name of the program</b>	:	One day Programme on Health Camp
<b>Name of the Resource person</b>	:	Mr. S. SenthilPrabhu, Director of Physical Education, Sriram Engineering College
<b>Date</b>	:	13.08.2021
<b>Time</b>	:	8.30 am to 3.20 pm
<b>No of Beneficiary</b>	:	170

- This health camp programme was successfully completed on August 13/8/2021 and it is very beneficial to the people in terms of raising awareness about health checkups.
- Medical camps are conducted by professionals to carry out limited health interventions among the student community. The people attend these camps to get free checkups and treatment. Getting the appropriate kind of health check-up is vital for every human being and while considering it, some important factors like age, lifestyle, family background and risks are taken into account.
- Health examinations and tests at the early stages of the illness can help to cure it faster and save a life before it can cause any damage. One can live longer and be healthier only when the individual gets the right kind of health check up, screening, and treatments. Even the most basic check-ups can identify underlying illnesses.



  
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**DEPARTMENT OF PHYSICAL EDUCATION**

**STUDENTS ENROLLED FOR “ONE DAY PROGRAMME ON HEALTH CAMP”**

**YEAR 2021 – 2022**

**SCHEDULED DATE: 13.08.2021**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT
1.	110319114001	ARUN KUMAR G	MECH
2.	110319114002	DHARANI T	MECH
3.	110319114003	ELVIN V	MECH
4.	110319114004	GOKUL G	MECH
5.	110319114005	GOKULAKANNAN B	MECH
6.	110319114006	GOKUL ANANDA RAO P G	MECH
7.	110319114007	JAGADHEESH S	MECH
8.	110319114008	LINGAPPAN S N	MECH
9.	110319114010	MOHANRAO P	MECH
10.	110319114011	NARENDIRAN M	MECH
11.	110319114012	NARESH L	MECH
12.	110319114013	PRASANTH V	MECH
13.	110319114014	PRASATH V	MECH
14.	110319114015	PRAVEEN R	MECH
15.	110319114016	PRAVEEN KUMAR A S	MECH
16.	110319114017	PRAVEEN KUMAR R	MECH
17.	110319114019	SAI KUMAR N	MECH
18.	110319114020	SASIDHARAN R	MECH
19.	110319114021	SENTHILKUMAR E	MECH
20.	110319114022	SESHADHRI B	MECH
21.	110319114024	SUMMAN V	MECH
22.	110319114025	SUNIL KUMAR M	MECH
23.	110319114026	SURYA S	MECH
24.	110319114027	TAMILINIYAN H	MECH
25.	110319114028	VENKATESH G	MECH



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26.	110319114029	VIGNESH B S	MECH
27.	110319114030	VIGNESH KUMAR O	MECH
28.	110319114301	POOVARASAN M	MECH
29.	110319114302	RIZWAN S K	MECH
30.	110319114303	SARAVANAN D	MECH
31.	110319114701	GOKULA KRISHNAN R	MECH
32.	110319103001	AJITH. V	CIVIL
33.	110319103002	JAYA PRAKASH. P.B	CIVIL
34.	110319103003	JAYA PRATAP. J	CIVIL
35.	110319103005	NAVEEN KUMAR POLU	CIVIL
36.	110319103006	RAMKUMAR. S	CIVIL
37.	110319103007	SAIKUMAR. R	CIVIL
38.	110319103008	SANJAY KUMAR. S	CIVIL
39.	110319103009	SANTHOSH KUMAR. S	CIVIL
40.	110319104001	ABIRAMI	CSE
41.	110319104002	AKSHAYA.S	CSE
42.	110319104003	AUVULA MOHAN	CSE
43.	110319104004	BALAJI M	CSE
44.	110319104005	BHAVANI.B	CSE
45.	110319104006	BHAVYA SHREE. G	CSE
46.	110319104007	B.VENNELA	CSE
47.	110319104008	BRINDHA P	CSE
48.	110319104009	VINOD BABU CHUNCHU	CSE
49.	110319104010	DEEPIKA C	CSE
50.	110319104011	DEVA. H	CSE
51.	110319104012	J.DHIVYA BHARATHI	CSE
52.	110319104013	S DINESH BABU	CSE
53.	110319104014	DIVYA. G	CSE
54.	110319104016	HARISH BABU R.L	CSE
55.	110319104017	INDRA. V	CSE
56.	110319104018	E.JAYARAMYA	CSE
57.	110319104019	JEELA SINDHU	CSE







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58.	110319104020	JEEVITHA.A	CSE
59.	110319104021	KAMAL. R	CSE
60.	110319104022	KARTHEESAN BS	CSE
61.	110319104023	KATARILAKSHMIPATHI	CSE
62.	110319104024	KIRUTHIGA.M	CSE
63.	110319104025	S.KULASHEKAR	CSE
64.	110319104026	LOKA SAI REDDY C	CSE
65.	110319104027	NITHISH DHANANJAY YADAV M	CSE
66.	110319104028	NAVEEN G	CSE
67.	110319104029	NIVETHA V	CSE
68.	110319104030	NUTHALAPATI SEVITHA	CSE
69.	110319104031	D.PAVAN KUMAR	CSE
70.	110319104046	A.R.SUVETHA	CSE
71.	110319104047	SWETHA. V	CSE
72.	110319104048	THARUN. R	CSE
73.	110319104049	UMA.D	CSE
74.	110319104050	VIJAY B	CSE
75.	110319104301	PAVAN KUMAR B	CSE
76.	110319106001	ABIROSES	ECE
77.	110319106002	ARAVINDHANA	ECE
78.	110319106005	BHARGAVTEJAP	ECE
79.	110319106007	CHARANP	ECE
80.	110319106008	CHARUMATHIP	ECE
81.	110319106009	CHIDHAMBARAMS	ECE
82.	110319106012	HARIPRIYANS	ECE
83.	110319106014	ISHAGOPIKAG	ECE
84.	110319106019	KISHOREBL	ECE
85.	110319106021	LAHARIP	ECE
86.	110319106022	LEENAV	ECE
87.	110319106027	MEGHAP	ECE
88.	110319106030	NARSINENIKAVYASRI	ECE
89.	110319106031	NITHISHKUMARVR	ECE



  
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90.	110319106040	SATHISHKUMARG	ECE
91.	110319106025	MAGESHE	ECE
92.	110319106028	NAGISETTIYUVASAIRAM	ECE
93.	110319106032	NITHYAVENIK	ECE
94.	110319106035	POOJASHREEG	ECE
95.	110319106038	SANGEETHAD	ECE
96.	110319106039	SANJAYTN	ECE
97.	110319106041	SATHYAPRIYAS	ECE
98.	110319106042	SILAMBARASAND	ECE
99.	110319106047	VANISHAR	ECE
100.	110319106037	SANDEPPB	ECE
101.	110319106043	SRILEKHAE	ECE
102.	110319106044	SRINIVASAND	ECE
103.	110319106045	THILAGAVATHIG	ECE
104.	110319106046	UMAPATHYAV	ECE
105.	110319106049	VIJAYM	ECE
106.	110319106050	YUVARAJS	ECE
107.	110319106051	YUVASHREEB	ECE
108.	110319106302	NARESHKUMAR	ECE
109.	110319121001	AKILA M A	BME
110.	110319121003	BABIN P	BME
111.	110319121004	BALAJI S	BME
112.	110319121005	BOOPATHY A	BME
113.	110319121006	DAWLATH K	BME
114.	110319121007	DHANALAKSHMI P	BME
115.	110319121008	DIVYA P	BME
116.	110319121009	DURGA DEVI G M	BME
117.	110319121010	GEETHANJALI B	BME
118.	110319121011	GOWTHAM M	BME
119.	110319121012	JANARDHANAN D	BME
120.	110319121013	JOSHAN J C	BME
121.	110319121015	KARTHICK V	BME



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122.	110319121016	KAVITHA S L	BME
123.	110319121018	KISHORE L	BME
124.	110319121019	LAKSHMANAN K	BME
125.	110319121020	LATHAPRIYA H	BME
126.	110319121021	LAVANYA S S	BME
127.	110319121022	MAHALAKSHMI A G R	BME
128.	110319121023	MOULIKA G	BME
129.	110319121024	NAGASHREE M S'	BME
130.	110319121025	NANDHINIPRIYA J	BME
131.	110319121026	PAVITHRA G	BME
132.	110319121027	PAVITHRA K	BME
133.	110319121028	PAVITHRA S	BME
134.	110319121029	PRIYADHARSHINI R	BME
135.	110319121030	RADHAKRISHNAN M	BME
136.	110319121031	RAMAN K	BME
137.	110319121032	SABITHA K	BME
138.	110319121033	SANDHIYA M	BME
139.	110319121034	SATHYA P	BME
140.	110319121035	SUSHINDER S	BME
141.	110319121036	TIMOTHY ASHISH M	BME
142.	110319121037	UMADHARSHINI. A V	BME
143.	110319121038	VANGIMALLA NAVYA SREE	BME
144.	110321631001	AARTHI V	MBA
145.	110321631002	ABBASKHAN N	MBA
146.	110321631003	AKKILA S	MBA
147.	110321631004	AKSHAYA S	MBA
148.	110321631005	ANITHA A	MBA
149.	110321631006	BHUVANESWARI K	MBA
150.	110321631007	CHANDRIKA S	MBA
151.	110321631008	CHANDRU G	MBA
152.	110321631009	DHIVYA BHARATHI S	MBA
153.	110321631010	DINAKARAN C	MBA



  
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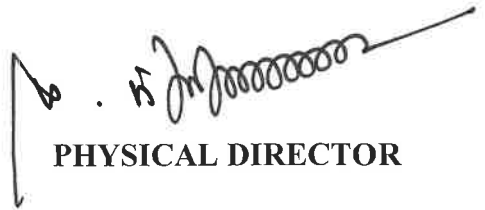


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154.	110321631012	GNANASREE N	MBA
155.	110321631013	HARIPRIYA S	MBA
156.	110321631014	HEMAKUMAR G	MBA
157.	110321631015	JAGADABHI SAAHITHYA	MBA
158.	110321631016	JAGADEESAN P A	MBA
159.	110321631017	JAI KRISHNA M	MBA
160.	110321631018	JANANI R	MBA
161.	110321631019	JIVITHA L	MBA
162.	110321631020	KARIKALAN V	MBA
163.	110321631021	KARTHIKSARAN B	MBA
164.	110321631022	KEERTHI VARMAN D	MBA
165.	110321631023	MADESH V	MBA
166.	110321631024	MADHAN M	MBA
167.	110321631025	MANISH B	MBA
168.	110321631026	NAGARAJ M (1997)	MBA
169.	110321631027	NAGARAJ M (2000)	MBA
170.	110321631028	NANDHINI D	MBA

  
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**DEPARTMENT OF PHYSICAL EDUCATION**

**ACADEMIC YEAR 2021 – 2022**

**ATTENDANCE SHEET**

**PROGRAMME TITLE: “ONE DAY PROGRAMME ON HEALTH CAMP”**

**DATE: 13.08.2021**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT	SIGNATURE
1.	110319114001	ARUN KUMAR G	MECH	<i>Arun Kumar G</i>
2.	110319114002	DHARANI T	MECH	<i>Dharani T</i>
3.	110319114003	ELVIN V	MECH	<i>Elvin</i>
4.	110319114004	GOKUL G	MECH	<i>Gokul G</i>
5.	110319114005	GOKULAKANNAN B	MECH	<i>Gokulakannan B</i>
6.	110319114006	GOKUL ANANDA RAO P G	MECH	<i>Gokul Ananda Rao P G</i>
7.	110319114007	JAGADHEESH S	MECH	<i>Jagadheesh S</i>
8.	110319114008	LINGAPPAN S N	MECH	<i>Lingappan S N</i>
9.	110319114010	MOHANRAO P	MECH	<i>Mohan Rao P</i>
10.	110319114011	NARENDIRAN M	MECH	<i>Narendiran M</i>
11.	110319114012	NARESH L	MECH	<i>Naresh L</i>
12.	110319114013	PRASANTH V	MECH	<i>Prasanth V</i>
13.	110319114014	PRASATH V	MECH	<i>Prasath V</i>
14.	110319114015	PRAVEEN R	MECH	<i>Praveen R</i>
15.	110319114016	PRAVEEN KUMAR A S	MECH	<i>Praveen Kumar A S</i>
16.	110319114017	PRAVEEN KUMAR R	MECH	<i>Praveen Kumar R</i>
17.	110319114019	SAI KUMAR N	MECH	<i>Sai Kumar N</i>
18.	110319114020	SASIDHARAN R	MECH	<i>Sasidharan R</i>
19.	110319114021	SENTHILKUMAR E	MECH	<i>Senthil Kumar E</i>
20.	110319114022	SESHADHRI B	MECH	<i>Seshadhri B</i>
21.	110319114024	SUMMAN V	MECH	<i>Summan V</i>
22.	110319114025	SUNIL KUMAR M	MECH	<i>Sunil Kumar M</i>
23.	110319114026	SURYA S	MECH	<i>Surya S</i>
24.	110319114027	TAMILINIYAN H	MECH	<i>Tamiliniyan H</i>
25.	110319114028	VENKATESH G	MECH	<i>Venkatesh G</i>



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31.	110319114701	GOKULA KRISHNAN R	MECH	Gokula
32.	110319103001	AJITH. V	CIVIL	Ajith
33.	110319103002	JAYA PRAKASH. P.B	CIVIL	Jaya Prakash
34.	110319103003	JAYA PRATAP. J	CIVIL	Jaya Pratap
35.	110319103005	NAVEEN KUMAR POLU	CIVIL	Naveen
36.	110319103006	RAMKUMAR. S	CIVIL	Ram Kumar
37.	110319103007	SAIKUMAR. R	CIVIL	Saikumar
38.	110319103008	SANJAY KUMAR. S	CIVIL	Sanjay
39.	110319103009	SANTHOSH KUMAR. S	CIVIL	Santhosh
40.	110319104001	ABIRAMI	CSE	Abirami
41.	110319104002	AKSHAYA.S	CSE	Akshaya
42.	110319104003	AUVULA MOHAN	CSE	Auvula
43.	110319104004	BALAJI M	CSE	Balaji
44.	110319104005	BHAVANI.B	CSE	Bhavani
45.	110319104006	BHAVYA SHREE. G	CSE	Bhavya
46.	110319104007	B.VENNELA	CSE	Vennela
47.	110319104008	BRINDHA P	CSE	Brindha
48.	110319104009	VINOD BABU CHUNCHU	CSE	Vinod
49.	110319104010	DEEPIKA C	CSE	Deepika
50.	110319104011	DEVA. H	CSE	Deva
51.	110319104012	J.DHIVYA BHARATHI	CSE	Dhivya
52.	110319104013	S DINESH BABU	CSE	Dinesh
53.	110319104014	DIVYA. G	CSE	Divya
54.	110319104016	HARISH BABU R.L	CSE	Harish
55.	110319104017	INDRA. V	CSE	Indra
56.	110319104018	E.JAYARAMYA	CSE	Jayaramya
57.	110319104019	JEELA SINDHU	CSE	Jeela

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58.	110319104020	JEEVITHA.A	CSE	Jeevitha
59.	110319104021	KAMAL. R	CSE	Kamal
60.	110319104022	KARTHEESAN BS	CSE	Kumar
61.	110319104023	KATARILAKSHMIPATHI	CSE	Karthi
62.	110319104024	KIRUTHIGA.M	CSE	Kiruthiga
63.	110319104025	S.KULASHEKAR	CSE	Kulsha
64.	110319104026	LOKA SAI REDDY C	CSE	Lokesh
65.	110319104027	NITHISH DHANANJAY YADAV M	CSE	Nithish
66.	110319104028	NAVEEN G	CSE	Naveen
67.	110319104029	V.NIVETHA	CSE	Nivetha
68.	110319104030	NUTHALAPATI SEVITHA	CSE	Nutha
69.	110319104031	D.PAVAN KUMAR	CSE	Pavan
70.	110319104046	A.R.SUVETHA	CSE	Suvetha
71.	110319104047	SWETHA. V	CSE	Swetha
72.	110319104048	THARUN. R	CSE	Tharun
73.	110319104049	UMA.D	CSE	Uma
74.	110319104050	VIJAY B	CSE	Vijay
75.	110319104301	PAVAN KUMAR B	CSE	Pavan
76.	110319106001	ABIROSES	ECE	Abir
77.	110319106002	ARAVINDHANA	ECE	Aravind
78.	110319106005	BHARGAVTEJAP	ECE	Bhargav
79.	110319106007	CHARANP	ECE	Charan
80.	110319106008	CHARUMATHIP	ECE	Charu
81.	110319106009	CHIDHAMBARAMS	ECE	Chidambaram
82.	110319106012	HARIPRIYANS	ECE	Haripriya
83.	110319106014	ISHAGOPIKAG	ECE	Ishago
84.	110319106019	KISHOREBL	ECE	Kishore
85.	110319106021	LAHARIP	ECE	Leena
86.	110319106022	LEENAV	ECE	Leena
87.	110319106027	MEGHAP	ECE	Megha
88.	110319106030	NARSINENIKAVYASRI	ECE	Narsini
89.	110319106031	NITHISHKUMARVR	ECE	Nithish



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90.	110319106040	SATHISHKUMARG	ECE	<i>Sathish</i>
91.	110319106025	MAGESHE	ECE	<i>Mageshe</i>
92.	110319106028	NAGISETTIYUVASAIRAM	ECE	<i>Nagesetti</i>
93.	110319106032	NITHYAVENIK	ECE	<i>Nithya</i>
94.	110319106035	POOJASHREEG	ECE	<i>Poojashree</i>
95.	110319106038	SANGEETHAD	ECE	<i>Sangeetha</i>
96.	110319106039	SANJAYTN	ECE	<i>Sanjay</i>
97.	110319106041	SATHYAPRIYAS	ECE	<i>Sathyapriya</i>
98.	110319106042	SILAMBARASAND	ECE	<i>Silambarasa</i>
99.	110319106047	VANISHAR	ECE	<i>Vanisha</i>
100.	110319106037	SANDEEPPB	ECE	<i>Sandeep</i>
101.	110319106043	SRILEKHAE	ECE	<i>Srilekha</i>
102.	110319106044	SRINIVASAND	ECE	<i>Srinivasa</i>
103.	110319106045	THILAGAVATHIG	ECE	<i>Thilagava</i>
104.	110319106046	UMAPATHYAV	ECE	<i>Umapathy</i>
105.	110319106049	VIJAYM	ECE	<i>Vijaym</i>
106.	110319106050	YUVARAJS	ECE	<i>Yuvraj</i>
107.	110319106051	YUVASHREEB	ECE	<i>Yuvashree</i>
108.	110319106302	NARESHKUMAR	ECE	<i>Naresh</i>
109.	110319121001	AKILA M A	BME	<i>Akila</i>
110.	110319121003	BABIN P	BME	<i>Babin</i>
111.	110319121004	BALAJI S	BME	<i>Balaji</i>
112.	110319121005	BOOPATHY A	BME	<i>Boopathy</i>
113.	110319121006	DAWLATH K	BME	<i>Dawlat</i>
114.	110319121007	DHANALAKSHMI P	BME	<i>Dhanalakshmi</i>
115.	110319121008	DIVYA P	BME	<i>Divya</i>
116.	110319121009	DURGA DEVI G M	BME	<i>Durga</i>
117.	110319121010	GEETHANJALI B	BME	<i>Geethanjali</i>
118.	110319121011	GOWTHAM M	BME	<i>Gowtham</i>
119.	110319121012	JANARDHANAN D	BME	<i>Janardhanan</i>
120.	110319121013	JOSHAN J C	BME	<i>Joshan</i>
121.	110319121015	KARTHICK V	BME	<i>Karthick</i>



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122.	110319121016	KAVITHA S L	BME	Kavitha.s.l
123.	110319121018	KISHORE L	BME	kishore.l
124.	110319121019	LAKSHMANAN K	BME	Lakshman.k
125.	110319121020	LATHAPRIYA H	BME	Lathapriya.h
126.	110319121021	LAVANYA S S	BME	Lavanya.s.s
127.	110319121022	MAHALAKSHMI A G R	BME	mahala
128.	110319121023	MOULIKA G	BME	Moullika.G
129.	110319121024	NAGASHREE M S'	BME	magan.m.s
130.	110319121025	NANDHINIPRIYA J	BME	Nandinipriya A.J
131.	110319121026	PAVITHRA G	BME	Pavithra.G
132.	110319121027	PAVITHRA K	BME	Pavin.K
133.	110319121028	PAVITHRA S	BME	Pavin.S
134.	110319121029	PRIYADHARSHINI R	BME	Priyadharshini.R
135.	110319121030	RADHAKRISHNAN M	BME	Raman
136.	110319121031	RAMAN K	BME	Raman.k
137.	110319121032	SABITHA K	BME	Sabitha
138.	110319121033	SANDHIYA M	BME	Sandhya
139.	110319121034	SATHYA P	BME	Sathya.p
140.	110319121035	SUSHINDER S	BME	Susindera
141.	110319121036	TIMOTHY ASHISH M	BME	Timothy
142.	110319121037	UMADHARSHINI. A V	BME	Umadharshini
143.	110319121038	VANGIMALLA NAVYA SREE	BME	Vangimalla
144.	110321631001	AARTHI V	MBA	Arthi.V
145.	110321631002	ABBASKHAN N	MBA	Abbas Khan
146.	110321631003	AKKILA S	MBA	Akkila.S
147.	110321631004	AKSHAYA S	MBA	Akshaya
148.	110321631005	ANITHA A	MBA	Anitha.A
149.	110321631006	BHUVANESWARI K	MBA	Bhuvaneshwari
150.	110321631007	CHANDRIKA S	MBA	Chandrika
151.	110321631008	CHANDRU G	MBA	Chandru.G
152.	110321631009	DHIVYA BHARATHI S	MBA	Dhivyabharrathi
153.	110321631010	DINAKARAN C	MBA	Dinakaran.c





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154.	110321631012	GNANASREE N	MBA	Gnanasree
155.	110321631013	HARIPRIYA S	MBA	Haripriya
156.	110321631014	HEMAKUMAR G	MBA	Hemakumar.
157.	110321631015	JAGADABHI SAAHITHYA	MBA	Jagadabhi
158.	110321631016	JAGADEESAN P A	MBA	Jagadeesan
159.	110321631017	JAI KRISHNA M	MBA	Jai Krishna
160.	110321631018	JANANI R	MBA	Janani
161.	110321631019	JIVITHA L	MBA	Jivitha
162.	110321631020	KARIKALAN V	MBA	Karikalan
163.	110321631021	KARTHIKSARAN B	MBA	Karthiksaran
164.	110321631022	KEERTHI VARMAN D	MBA	Keethivarman
165.	110321631023	MADESH V	MBA	Madhesh
166.	110321631024	MADHAN M	MBA	Madhan
167.	110321631025	MANISH B	MBA	Manish
168.	110321631026	NAGARAJ M (1997)	MBA	Nagaraj
169.	110321631027	NAGARAJ M (2000)	MBA	Nagaraj
170.	110321631028	NANDHINI D	MBA	Nandhini

  
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Thiruvallur District, Tamil Nadu. Phone: 044-27887011,27885400, web:grt.edu.in

## **CERTIFICATE OF PARTICIPATION**

*Presented to*

*for successful completion and active participation*

*in the “Seminar” entitled*

**“One day Programme on Health Camp”**


**On 13.08.2021**

**at GRT INSTITUTE OF ENGINEERING & TECHNOLOGY.**

  
Mr.G.Vinayagam  
Physical Director



  
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Prof. Dr. S. Arumugam  
Principal



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Thiruvallur District, Tamil Nadu. Phone: 044-27887011,27885400, web:grt.edu.in

## CERTIFICATE OF PARTICIPATION

*Presented to*

**ABIRAMI**

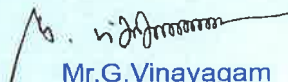
*for successful completion and active participation*

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**On 13.08.2021**

**at GRT INSTITUTE OF ENGINEERING & TECHNOLOGY.**

  
Mr.G.Vinayagam  
Physical Director



  
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Prof. Dr. S. Arumugam  
Principal



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01.04.2022

**CIRCULAR**

The Department of Physical Education is organising a **One-day programme on Physical Fitness and Health care** for all UG and PG final year students on 4/4/2022 at GRT IET campus, led by **Dr. Dinakarprasad, Director of Physical Education**, Prathyusha Engineering college, Chennai, to raise awareness of physical fitness and health care.








  
**PHYSICAL DIRECTOR**

  
**PRINCIPAL**  
1/4/22

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2. All HODs
3. Notice Board

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## *Department of Physical Education*

# **One day Programme on Physical Fitness and Health Care**

### Resource Person

**Dr. Dinakarprasad,**  
Physical Director,  
Prathyusha Engineering college, Chennai

### Organizing Secretary

**Dr. G Vinayagam**  
Physical Director - GRTIET

### Organizing Chairperson

**Dr. S. Arumugam**  
Principal - GRTIET

**Date: 04.04.2022**

**Time: 8.30am to 3.20pm**



  
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**CHIEF GUEST PROFILE**



**Dr. Dinakarprasad, Director of Physical Education**, Director of Physical Education at Prathyusha Engineering College. He holds doctoral degree with experience of 17 years 8 months in the field of physical Education. He has achieved rankings in both zonal and inter-zonal competitions. He received best team manager awards in Kabbadi, ball badminton, chess, and hockey. He is one of the members of the Anna University selection committee in the Kabbadi team, Ball Badminton team, Tennis team, and Archery team, and his area of interest is Yoga & Meditation classes, Ball Badminton, discipline maintenance, hand ball, Kabbadi, foot ball, volleyball, Kho-Kho, Throw Ball, Cricket, Badminton, Track, and Field.



  
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**PROGRAMME REPORT**

**ONE DAY PROGRAMME ON PHYSICAL FITNESS AND HEALTH CARE**

<b>Name of the program</b>	: One Day Programme on Physical Fitness and Health Care
<b>Name of the Resource person</b>	: <b>Dr.Dinakarprasad, Director of Physical Education</b>
<b>Date</b>	: 04.04.2022
<b>Time</b>	: 8.30 am to 3.20 pm
<b>No of Beneficiary</b>	: 150

- This physical fitness and health care programme was successfully completed on April 4, 2022, and it is very beneficial for students to be aware of its benefits.
- Regular physical activity is one of the most important things students can do for their health. Being physically active can improve your brain health, help manage your weight, reduce the risk of disease, strengthen your bones and muscles, and improve your ability to do everyday activities.
- Exercise helps in good oxygen supply and blood flow throughout the body. Heart and lungs work efficiently. Our bones get strong and joints have the pain free movement. We should daily spend at least twenty minutes in our exercise. Health is a state of complete physical, mental and social well being. For a healthy life cycle, a person needs to have a balanced diet and has to regularly exercise. One must also live in a proper shelter, take enough sleep and have good hygiene habits.
- Health and fitness go hand in hand. We have to stay healthy; we have to keep fit. We must concentrate on our fitness if we have to maintain our health. Health is wealth.



  
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**DEPARTMENT OF PHYSICAL EDUCATION**

**STUDENTS ENROLLED FOR "ONE DAY PROGRAMME ON PHYSICAL FITNESS  
AND HEALTH CARE"**

**YEAR 2021 – 2022**

**DATE:04.04.2022**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT
1.	110319114001	ARUN KUMAR G	MECH
2.	110319114002	DHARANI T	MECH
3.	110319114003	ELVIN V	MECH
4.	110319114004	GOKUL G	MECH
5.	110319114005	GOKULAKANNAN B	MECH
6.	110319114006	GOKUL ANANDA RAO P G	MECH
7.	110319114007	JAGADHEESH S	MECH
8.	110319114008	LINGAPPAN S N	MECH
9.	110319114010	MOHANRAO P	MECH
10.	110319114011	NARENDIRAN M	MECH
11.	110319114028	VENKATESH G	MECH
12.	110319114029	VIGNESH B S	MECH
13.	110319114030	VIGNESH KUMAR O	MECH
14.	110319114301	POOVARASAN M	MECH
15.	110319114302	RIZWAN S K	MECH
16.	110319114303	SARAVANAN D	MECH
17.	110319114701	GOKULA KRISHNAN R	MECH
18.	110319103001	AJITH. V	CIVIL
19.	110319103002	JAYA PRAKASH. P.B	CIVIL
20.	110319103003	JAYA PRATAP. J	CIVIL
21.	110319103005	NAVEEN KUMAR POLU	CIVIL
22.	110319103006	RAMKUMAR. S	CIVIL
23.	110319103007	SAIKUMAR. R	CIVIL
24.	110319103008	SANJAY KUMAR. S	CIVIL



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25.	110319103009	SANTHOSH KUMAR. S	CIVIL
26.	110319104001	ABIRAMI	CSE
27.	110319104002	AKSHAYA.S	CSE
28.	110319104003	AUVULA MOHAN	CSE
29.	110319104004	BALAJI M	CSE
30.	110319104005	BHAVANI.B	CSE
31.	110319104006	BHAVYA SHREE. G	CSE
32.	110319104007	B.VENNELA	CSE
33.	110319104008	BRINDHA P	CSE
34.	110319104009	VINOD BABU CHUNCHU	CSE
35.	110319104010	DEEPIKA C	CSE
36.	110319104011	DEVA. H	CSE
37.	110319104012	J.DHIVYA BHARATHI	CSE
38.	110319104013	S DINESH BABU	CSE
39.	110319104014	DIVYA. G	CSE
40.	110319104016	HARISH BABU R.L	CSE
41.	110319104017	INDRA. V	CSE
42.	110319104018	E.JAYARAMYA	CSE
43.	110319104019	JEELA SINDHU	CSE
44.	110319104020	JEEVITHA.A	CSE
45.	110319104021	KAMAL. R	CSE
46.	110319104022	KARTHEESAN BS	CSE
47.	110319104023	KATARILAKSHMIPATHI	CSE
48.	110319104034	RAMAN KB	CSE
49.	110319104035	RAVELLA NARASIMHA RAO	CSE
50.	110319104036	SARAN PRASANTH UP	CSE
51.	110319104037	SATHYA S	CSE
52.	110319104038	SEVANTHI.R	CSE
53.	110319104047	SWETHA. V	CSE
54.	110319104048	THARUN. R	CSE
55.	110319104049	UMA.D	CSE
56.	110319104050	VIJAY B	CSE

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57.	110319104301	PAVAN KUMAR B	CSE
58.	110319106001	ABIROSES	ECE
59.	110319106002	ARAVINDHANA	ECE
60.	110319106005	BHARGAVTEJAP	ECE
61.	110319106007	CHARANP	ECE
62.	110319106008	CHARUMATHIP	ECE
63.	110319106009	CHIDHAMBARAMS	ECE
64.	110319106012	HARIPRIYANS	ECE
65.	110319106014	ISHAGOPIKAG	ECE
66.	110319106019	KISHOREBL	ECE
67.	110319106021	LAHARIP	ECE
68.	110319106022	LEENAV	ECE
69.	110319106027	MEGHAP	ECE
70.	110319106030	NARSINENIKAVYASRI	ECE
71.	110319106031	NITHISHKUMARVR	ECE
72.	110319106040	SATHISHKUMARG	ECE
73.	110319106048	VIDIMUKKALAVENKATAVINAY	ECE
74.	110319106701	DHANUSHYA.S	ECE
75.	110319106003	ARUNKUMART	ECE
76.	110319106004	BEGANBABUP	ECE
77.	110319106013	HEMANTHR	ECE
78.	110319106015	JOTHILAKSHMIVA	ECE
79.	110319106016	KARTHIKAK	ECE
80.	110319106041	SATHYAPRIYAS	ECE
81.	110319106042	SILAMBARASAND	ECE
82.	110319106047	VANISHAR	ECE
83.	110319106006	BHUVANESHWARIS	ECE
84.	110319106010	DINESHBENJAMINMV	ECE
85.	110319106011	GANESHKM	ECE
86.	110319106023	LOGESHWERV	ECE
87.	110319106024	MADHUCHAITHANYAD	ECE
88.	110319106026	MARIYAMMALM	ECE





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89.	110319106029	NANDHINIM	ECE
90.	110319106033	PALEMROHITHREDDY	ECE
91.	110319106034	PAVANKUMARVR	ECE
92.	110319106037	SANDEEPPB	ECE
93.	110319106043	SRILEKHAE	ECE
94.	110319106044	SRINIVASAND	ECE
95.	110319106045	THILAGAVATHIG	ECE
96.	110319106046	UMAPATHYAV	ECE
97.	110319106049	VIJAYM	ECE
98.	110319106050	YUVARAJS	ECE
99.	110319106051	YUVASHREEB	ECE
100.	110319106302	NARESHKUMAR	ECE
101.	110319121001	AKILA M A	BME
102.	110319121003	BABIN P	BME
103.	110319121004	BALAJI S	BME
104.	110319121005	BOOPATHY A	BME
105.	110319121006	DAWLATH K	BME
106.	110319121016	KAVITHA S L	BME
107.	110319121018	KISHORE L	BME
108.	110319121019	LAKSHMANAN K	BME
109.	110319121027	PAVITHRA K	BME
110.	110319121028	PAVITHRA S	BME
111.	110319121029	PRIYADHARSHINI R	BME
112.	110319121030	RADHAKRISHNAN M	BME
113.	110319121031	RAMAN K	BME
114.	110319121032	SABITHA K	BME
115.	110319121033	SANDHIYA M	BME
116.	110319121034	SATHYA P	BME
117.	110319121035	SUSHINDER S	BME
118.	110319121036	TIMOTHY ASHISH M	BME
119.	110319121037	UMADHARSHINI. A V	BME
120.	110319121038	VANGIMALLA NAVYA SREE	BME



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121.	110321631001	AARTHI V	MBA
122.	110321631002	ABBASKHAN N	MBA
123.	110321631003	AKKILA S	MBA
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149.	110321631030	PAUL REGINALD P	MBA
150.	110321631031	PAVAN KUMAR K	MBA



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**DEPARTMENT OF PHYSICAL EDUCATION**

**ACADEMIC YEAR 2021 – 2022**

**ATTENDANCE SHEET**

**PROGRAMME TITLE: “ONE DAY PROGRAMME ON PHYSICAL FITENSS AND  
HEALTH CARE”**

**DATE:04.04.2022**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT	SIGNATURE
1.	110319114001	ARUN KUMAR G	MECH	Arun Kumar
2.	110319114002	DHARANI T	MECH	Dharani T
3.	110319114003	ELVIN V	MECH	Elvin V
4.	110319114004	GOKUL G	MECH	Gokul G
5.	110319114005	GOKULAKANNAN B	MECH	Gokulakannan B
6.	110319114006	GOKUL ANANDA RAO P G	MECH	Gokul Ananda Rao P G
7.	110319114007	JAGADHEESH S	MECH	Jagadheesh S
8.	110319114008	LINGAPPAN S N	MECH	Lingappan S N
9.	110319114010	MOHANRAO P	MECH	Mohan Rao P
10.	110319114011	NARENDIRAN M	MECH	Narendiran M
11.	110319114028	VENKATESH G	MECH	Venkatesh G
12.	110319114029	VIGNESH B S	MECH	Vignesh B S
13.	110319114030	VIGNESH KUMAR O	MECH	Vignesh Kumar O
14.	110319114301	POOVARASAN M	MECH	Poovarasan M
15.	110319114302	RIZWAN S K	MECH	Rizwan S K
16.	110319114303	SARAVANAN D	MECH	Saravanan D
17.	110319114701	GOKULA KRISHNAN R	MECH	Gokula Krishnan R
18.	110319103001	AJITH. V	CIVIL	Ajith V
19.	110319103002	JAYA PRAKASH. P.B	CIVIL	Jaya Prakash P.B
20.	110319103003	JAYA PRATAP. J	CIVIL	Jaya Pratap J
21.	110319103005	NAVEEN KUMAR POLU	CIVIL	Naveen Kumar Polu
22.	110319103006	RAMKUMAR. S	CIVIL	Ram Kumar S
23.	110319103007	SAIKUMAR. R	CIVIL	Saikumar R
24.	110319103008	SANJAY KUMAR. S	CIVIL	Sanjay Kumar S

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25.	110319103009	SANTHOSH KUMAR. S	CIVIL	S. Santhosh
26.	110319104001	ABIRAMI	CSE	Abirami
27.	110319104002	AKSHAYA.S	CSE	Akshaya
28.	110319104003	AUVULA MOHAN	CSE	Auvula Mohan
29.	110319104004	BALAJI M	CSE	Balaji
30.	110319104005	BHAVANI.B	CSE	Bhavani
31.	110319104006	BHAVYA SHREE. G	CSE	Bhavya
32.	110319104007	B.VENNELA	CSE	B. Vennela
33.	110319104008	BRINDHA P	CSE	Brindha
34.	110319104009	VINOD BABU CHUNCHU	CSE	Vinod
35.	110319104010	DEEPIKA C	CSE	Deepika
36.	110319104011	DEVA. H	CSE	H. Deva
37.	110319104012	J.DHIVYA BHARATHI	CSE	Dhivya
38.	110319104013	S DINESH BABU	CSE	S. Dinesh
39.	110319104014	DIVYA. G	CSE	Divya
40.	110319104016	HARISH BABU R.L	CSE	Harish
41.	110319104017	INDRA. V	CSE	Indra
42.	110319104018	E.JAYARAMYA	CSE	E. Jayaramya
43.	110319104019	JEELA SINDHU	CSE	Jeela
44.	110319104020	JEEVITHA.A	CSE	Jeevitha
45.	110319104021	KAMAL. R	CSE	Kamal
46.	110319104022	KARTHEESAN BS	CSE	Kartheesan
47.	110319104023	KATARILAKSHMIPATHI	CSE	Katarilakshmi
48.	110319104034	RAMAN KB	CSE	Raman
49.	110319104035	RAVELLA NARASIMHA RAO	CSE	Ravelle
50.	110319104036	SARAN PRASANTH UP	CSE	Saran
51.	110319104037	SATHYA S	CSE	Sathya
52.	110319104038	SEVANTHI.R	CSE	Sevathi
53.	110319104047	SWETHA. V	CSE	Swetha
54.	110319104048	THARUN. R	CSE	Tharun
55.	110319104049	UMA.D	CSE	Uma
56.	110319104050	VIJAY B	CSE	Vijay



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57.	110319104301	PAVAN KUMAR B	CSE	Pavan
58.	110319106001	ABIROSES	ECE	Abirose
59.	110319106002	ARAVINDHANA	ECE	Aravindhana
60.	110319106005	BHARGAVTEJAP	ECE	Chauvan.p.
61.	110319106007	CHARANP	ECE	Charan
62.	110319106008	CHARUMATHIP	ECE	Charumathi
63.	110319106009	CHIDHAMBARAMS	ECE	chidha.
64.	110319106012	HARIPRIYANS	ECE	HariPriya
65.	110319106014	ISHAGOPIKAG	ECE	Harthya
66.	110319106019	KISHOREBL	ECE	Kishorebl
67.	110319106021	LAHARIP	ECE	Laharip
68.	110319106022	LEENAV	ECE	Leena
69.	110319106027	MEGHAP	ECE	Megha.p
70.	110319106030	NARSINENIKAVYASRI	ECE	Narsini
71.	110319106031	NITHISHKUMARVR	ECE	Nithisha
72.	110319106040	SATHISHKUMARG	ECE	AB
73.	110319106048	VIDIMUKKALAVENKATAVINAY	ECE	Sithi
74.	110319106701	DHANUSHYA.S	ECE	Dhanushya
75.	110319106003	ARUNKUMART	ECE	Arunkumar
76.	110319106004	BEGANBABUP	ECE	BEGANBABUP
77.	110319106013	HEMANTHR	ECE	Hemanti
78.	110319106015	JOTHILAKSHMIVA	ECE	Jothila
79.	110319106016	KARTHIKAK	ECE	Karthi
80.	110319106041	SATHYAPRIYAS	ECE	Sathyapriya
81.	110319106042	SILAMBARASAND	ECE	Silambar
82.	110319106047	VANISHAR	ECE	Vanisha
83.	110319106006	BHUVANESHWARIS	ECE	Bhuvan
84.	110319106010	DINESHBENJAMINMV	ECE	Dini
85.	110319106011	GANESHKM	ECE	Ganesh k.m
86.	110319106023	LOGESHWERV	ECE	Logesh
87.	110319106024	MADHUCHAITHANYAD	ECE	Madhus
88.	110319106026	MARIYAMMALM	ECE	Mariyam



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89.	110319106029	NANDHINIM	ECE	Nandhini
90.	110319106033	PALEMROHITHREDDY	ECE	Palemrothreddy
91.	110319106034	PAVANKUMARVR	ECE	Pavan
92.	110319106037	SANDEPPB	ECE	Sandeep
93.	110319106043	SRILEKHAE	ECE	Sreelakshmi
94.	110319106044	SRINIVASAND	ECE	Srinivasan
95.	110319106045	THILAGAVATHIG	ECE	Thilagavathi
96.	110319106046	UMAPATHYAV	ECE	Umapathi
97.	110319106049	VIJAYM	ECE	Vijay
98.	110319106050	YUVARAJS	ECE	Yuvaraj
99.	110319106051	YUVASHREEB	ECE	Yuvashree
100.	110319106302	NARESHKUMAR	ECE	Narsh
101.	110319121001	AKILA M A	BME	Akila
102.	110319121003	BABIN P	BME	Babin
103.	110319121004	BALAJI S	BME	Balaji
104.	110319121005	BOOPATHY A	BME	Boopathy
105.	110319121006	DAWLATH K	BME	Dawlat
106.	110319121016	KAVITHA S L	BME	Kavitha
107.	110319121018	KISHORE L	BME	Kishore
108.	110319121019	LAKSHMANAN K	BME	Lakshmanan
109.	110319121027	PAVITHRA K	BME	Pavithra
110.	110319121028	PAVITHRA S	BME	Pavithra
111.	110319121029	PRIYADHARSHINI R	BME	Priyadharshini
112.	110319121030	RADHAKRISHNAN M	BME	Radhakrishnan
113.	110319121031	RAMAN K	BME	Raman
114.	110319121032	SABITHA K	BME	Sabitha
115.	110319121033	SANDHIYA M	BME	Sandhya
116.	110319121034	SATHYA P	BME	Sathya
117.	110319121035	SUSHINDER S	BME	Sushinder
118.	110319121036	TIMOTHY ASHISH M	BME	Timothy Ashish
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136.	110321631017	JAI KRISHNA M	MBA	Jai Krishna M
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147.	110321631028	NANDHINI D	MBA	Nandhini D
148.	110321631029	OM PRAKASH S	MBA	Om Prakash S
149.	110321631030	PAUL REGINALD P	MBA	Paul Reginald P
150.	110321631031	PAVAN KUMAR K	MBA	K. Pavan Kumar



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Thiruvallur District, Tamil Nadu. Phone: 044-27887011,27885400, web:grt.edu.in

## **CERTIFICATE OF PARTICIPATION**

*Presented to*

*.....*  
*for successful completion and active participation*

*in the “Seminar” entitled*

**“One day Programme on Physical Fitness and Health Care”**

**On 04.04.2022**

**at GRT INSTITUTE OF ENGINEERING & TECHNOLOGY.**



*[Signature]*  
Dr.G.Vinayagam  
Physical Director

*[Signature]*  
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TIRUTTANI-631.209

*[Signature]*  
Prof. Dr. S. Arumugam  
Principal



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Thiruvallur District, Tamil Nadu. Phone: 044-27887011,27885400, web:grt.edu.in

## **CERTIFICATE OF PARTICIPATION**

*Presented to*

*SATHYA S*

*for successful completion and active participation*

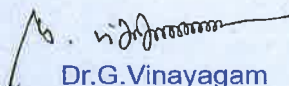
*in the “Seminar” entitled*


**“One day Programme on Physical Fitness and Health Care”**


**On 04.04.2022**

**at GRT INSTITUTE OF ENGINEERING & TECHNOLOGY.**



  
Dr.G.Vinayagam  
Physical Director

  
PRINCIPAL  
GRT INSTITUTE OF ENGINEERING & TECHNOLOGY,  
GRT MAHALAKSHMI NAGAR  
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Prof. Dr. S. Arumugam  
Principal



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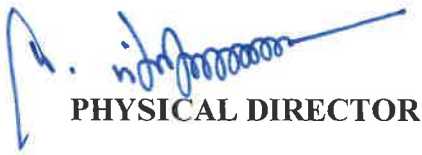


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31.05.2022

**CIRCULAR**

The Department of Physical Education is organizing a “**One-day workshop on Stress Management**” for all UG and PG final year students on 1/6/2022 at GRT IET campus, led by Mr. **K. Saravanan, corporate trainer BSA SKILL Chennai.**








  
**PHYSICAL DIRECTOR**

  
**PRINCIPAL**  
31/5/22

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## *Department of Physical Education*

# **One day Workshop on Stress Management**

### Resource Person

**Mr.K.Saravanan,**  
Corporate Trainer, BSA Skills.

**Date: 01.06.2022**

### Organizing Secretary

**Dr. G Vinayagam**  
Physical Director - GRTIET

**Time: 8.30am to 3.20pm**

### Organizing Chairperson

**Dr. S. Arumugam**  
Principal - GRTIET



*Dr. S. Arumugam*  
PRINCIPAL  
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GRT MAHALAKSHMI NAGAR  
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**CHIEF GUEST PROFILE**



Mr. K. Saravanan is working as a corporate trainer in BSA skills, and he is passionate about learning new things and exploring his ideas and innovations in his work area. His goal is to make a change in the world with his knowledge and skills and with the help of his ideas. He completed his B.Tech., qualification in the stream of computer science and engineering that is located in the BSA Crescent Institute of Science and Technology, Guwahati. In the future, his goal is to become a full-stack developer. Still, he has more knowledge about the technologies related to frontend and backend.



  
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**PROGRAMME REPORT**

**ONE DAY WORKSHOP ON STRESS MANAGEMENT**

<b>Name of the program</b>	: One day workshop on Stress Management
<b>Name of the Resource person</b>	: Mr. K. Saravanan / Corporate Trainer /BSA skills
<b>Date</b>	: 01.06.2022
<b>Time</b>	: 8.30 am to 3.20 pm
<b>No of Beneficiary</b>	: 180

- This stress management programme was successfully completed on June 1, 2022, and it is very beneficial for students to understand its benefits.
- Stress is a fact of life, wherever you are and whatever you are doing. You cannot avoid stress, but you can learn to manage it so it doesn't manage you.
- It can motivate us or allow us to be proactive about problems in our lives. However, when stress starts interfering with our ability to get things done (at work or school), maintain relationships, or maintain our quality of life, it can lead to unhealthy habits and take a toll on our overall health and well-being.
- Changes in our lives such as going to college, getting married, changing jobs, or illness is frequent sources of stress. Keep in mind that changes that cause stress can also benefit you.
- The key is to develop an awareness of how you interpret, and react to, circumstances. This awareness will help you develop coping techniques for managing stress.
- Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation.



  
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**DEPARTMENT OF PHYSICAL EDUCATION**

**STUDENTS ENROLLED FOR “ONE DAY WORKSHOP ON STRESS MANAGEMENT”**

**YEAR 2021 - 2022**

**DATE: 01.06.2022**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT
1.	110319114001	ARUN KUMAR G	MECH
2.	110319114002	DHARANI T	MECH
3.	110319114003	ELVIN V	MECH
4.	110319114004	GOKUL G	MECH
5.	110319114005	GOKULAKANNAN B	MECH
6.	110319114006	GOKUL ANANDA RAO P G	MECH
7.	110319114007	JAGADHEESH S	MECH
8.	110319114008	LINGAPPAN S N	MECH
9.	110319114010	MOHANRAO P	MECH
10.	110319114011	NARENDIRAN M	MECH
11.	110319114012	NARESH L	MECH
12.	110319114021	SENTHILKUMAR E	MECH
13.	110319114022	SESHADHRI B	MECH
14.	110319114024	SUMMAN V	MECH
15.	110319114025	SUNIL KUMAR M	MECH
16.	110319114026	SURYA S	MECH
17.	110319114027	TAMILINIYAN H	MECH
18.	110319114028	VENKATESH G	MECH
19.	110319114029	VIGNESH B S	MECH
20.	110319114030	VIGNESH KUMAR O	MECH
21.	110319114301	POOVARASAN M	MECH
22.	110319114302	RIZWAN S K	MECH
23.	110319114303	SARAVANAN D	MECH
24.	110319114701	GOKULA KRISHNAN R	MECH
25.	110319103001	AJITH. V	CIVIL



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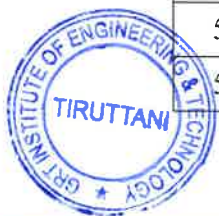


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26.	110319103002	JAYA PRAKASH. P.B	CIVIL
27.	110319103003	JAYA PRATAP. J	CIVIL
28.	110319103005	NAVEEN KUMAR POLU	CIVIL
29.	110319103006	RAMKUMAR. S	CIVIL
30.	110319103007	SAIKUMAR. R	CIVIL
31.	110319103008	SANJAY KUMAR. S	CIVIL
32.	110319103009	SANTHOSH KUMAR. S	CIVIL
33.	110319104001	ABIRAMI	CSE
34.	110319104002	AKSHAYA.S	CSE
35.	110319104003	AUVULA MOHAN	CSE
36.	110319104004	BALAJI M	CSE
37.	110319104005	BHAVANI.B	CSE
38.	110319104006	BHAVYA SHREE. G	CSE
39.	110319104007	B.VENNELA	CSE
40.	110319104008	BRINDHA P	CSE
41.	110319104009	VINOD BABU CHUNCHU	CSE
42.	110319104010	DEEPIKA C	CSE
43.	110319104011	DEVA. H	CSE
44.	110319104012	DHIVYA BHARATHI J	CSE
45.	110319104013	DINESH BABU S	CSE
46.	110319104014	DIVYA. G	CSE
47.	110319104016	HARISH BABU R.L	CSE
48.	110319104017	INDRA. V	CSE
49.	110319104024	KIRUTHIGA.M	CSE
50.	110319104025	S.KULASHEKAR	CSE
51.	110319104026	LOKA SAI REDDY C	CSE
52.	110319104034	RAMAN KB	CSE
53.	110319104035	RAVELLA NARASIMHA RAO	CSE
54.	110319104036	SARAN PRASANTH UP	CSE
55.	110319104037	SATHYA S	CSE
56.	110319104038	SEVANTHI.R	CSE
57.	110319104039	SIVASAI C	CSE



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58.	110319104040	SNEHA BA	CSE
59.	110319104041	SOWMIYA G	CSE
60.	110319104045	SURYA KUMAR R	CSE
61.	110319104046	A.R.SUVETHA	CSE
62.	110319104047	SWETHA. V	CSE
63.	110319104048	THARUN. R	CSE
64.	110319104049	UMA.D	CSE
65.	110319104050	VIJAY B	CSE
66.	110319104301	PAVAN KUMAR B	CSE
67.	110319106001	ABIROSES	ECE
68.	110319106002	ARAVINDHANA	ECE
69.	110319106005	BHARGAVTEJAP	ECE
70.	110319106007	CHARANP	ECE
71.	110319106008	CHARUMATHIP	ECE
72.	110319106009	CHIDHAMBARAMS	ECE
73.	110319106012	HARIPRIYANS	ECE
74.	110319106014	ISHAGOPIKAG	ECE
75.	110319106019	KISHOREBL	ECE
76.	110319106021	LAHARIP	ECE
77.	110319106022	LEENAV	ECE
78.	110319106027	MEGHAP	ECE
79.	110319106030	NARSINENIKAVYASRI	ECE
80.	110319106031	NITHISHKUMARVR	ECE
81.	110319106040	SATHISHKUMARG	ECE
82.	110319106048	VIDIMUKKALAVENKATAVINAY	ECE
83.	110319106701	DHANUSHYA.S	ECE
84.	110319106003	ARUNKUMART	ECE
85.	110319106004	BEGANBABUP	ECE
86.	110319106013	HEMANTHR	ECE
87.	110319106015	JOTHILAKSHMIVA	ECE
88.	110319106016	KARTHIKAK	ECE
89.	110319106017	KARUNAKARANR	ECE





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90.	110319106018	KEERTHANAP	ECE
91.	110319106020	KOMMISSETTY SOMASEKHAR	ECE
92.	110319106025	MAGESHE	ECE
93.	110319106028	NAGISSETTIYUVASAIRAM	ECE
94.	110319106032	NITHYAVENIK	ECE
95.	110319106035	POOJASHREEG	ECE
96.	110319106038	SANGEETHAD	ECE
97.	110319106039	SANJAYTN	ECE
98.	110319106041	SATHYAPRIYAS	ECE
99.	110319106042	SILAMBARASAND	ECE
100.	110319106047	VANISHAR	ECE
101.	110319106006	BHUVANESHWARIS	ECE
102.	110319106010	DINESHBENJAMINMV	ECE
103.	110319106011	GANESHKM	ECE
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105.	110319106024	MADHUCHAITHANYAD	ECE
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112.	110319106051	YUVASHREEB	ECE
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116.	110319121004	BALAJI S	BME
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118.	110319121006	DAWLATH K	BME
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120.	110319121008	DIVYA P	BME
121.	110319121009	DURGA DEVI G M	BME



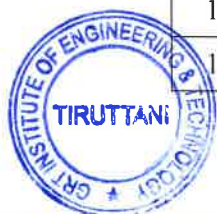


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122.	110319121010	GEETHANJALI B	BME
123.	110319121011	GOWTHAM M	BME
124.	110319121012	JANARDHANAN D	BME
125.	110319121013	JOSHAN J C	BME
126.	110319121015	KARTHICK V	BME
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130.	110319121028	PAVITHRA S	BME
131.	110319121029	PRIYADHARSHINI R	BME
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135.	110321631003	AKKILA S	MBA
136.	110321631004	AKSHAYA S	MBA
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139.	110321631007	CHANDRIKA S	MBA
140.	110321631008	CHANDRU G	MBA
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142.	110321631010	DINAKARAN C	MBA
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144.	110321631013	HARIPRIYA S	MBA
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146.	110321631015	JAGADABHI SAAHITHYA	MBA
147.	110321631016	JAGADEESAN P A	MBA
148.	110321631017	JAI KRISHNA M	MBA
149.	110321631018	JANANI R	MBA
150.	110321631019	JIVITHA L	MBA
151.	110321631020	KARIKALAN V	MBA
152.	110321631021	KARTHIKSARAN B	MBA
153.	110321631022	KEERTHI VARMAN D	MBA



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154.	110321631023	MADESH V	MBA
155.	110321631024	MADHAN M	MBA
156.	110321631025	MANISH B	MBA
157.	110321631026	NAGARAJ M (1997)	MBA
158.	110321631027	NAGARAJ M (2000)	MBA
159.	110321631028	NANDHINI D	MBA
160.	110321631029	OM PRAKASH S	MBA
161.	110321631038	RAMYA B	MBA
162.	110321631039	ROJA D	MBA
163.	110321631040	ROSHINI I	MBA
164.	110321631041	ROSHINI K	MBA
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166.	110321631043	SABARINATHAN N	MBA
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168.	110321631045	SANGEETH KUMAR A	MBA
169.	110321631046	SANTHOSH J	MBA
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171.	110321631048	SINDHIYA JAYASHRI. J.A	MBA
172.	110321631049	SINDHU S	MBA
173.	110321631050	SUBA SWARNAMBIGAI A	MBA
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177.	110321631056	VEDHACHALAM T	MBA
178.	110321631057	VIGNESH.A (14/08/2000)	MBA
179.	110321631058	VIGNESH.S	MBA
180.	110321631060	VISHAL M	MBA

  
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**DEPARTMENT OF PHYSICAL EDUCATION**

**ACADEMIC YEAR 2021 – 2022**

**ATTENDANCE SHEET**

**PROGRAMME TITLE: “ONE DAY WORKSHOP ON STRESS MANAGEMENT”**

**DATE: 01.06.2022**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT	SIGNATURE
1.	110319114001	ARUN KUMAR G	MECH	Arun Kumar
2.	110319114002	DHARANI T	MECH	Dharani T
3.	110319114003	ELVIN V	MECH	Elvin
4.	110319114004	GOKUL G	MECH	Gokul
5.	110319114005	GOKULAKANNAN B	MECH	Gokul
6.	110319114006	GOKUL ANANDA RAO P G	MECH	Gokul A.R.
7.	110319114007	JAGADHEESH S	MECH	Jagadeesh
8.	110319114008	LINGAPPAN S N	MECH	Lingappan
9.	110319114010	MOHANRAO P	MECH	Mohan Rao
10.	110319114011	NARENDIRAN M	MECH	Narendiran
11.	110319114012	NARESH L	MECH	Nanesh
12.	110319114021	SENTHILKUMAR E	MECH	Senthil Kumar
13.	110319114022	SESHADHRI B	MECH	B. Seshadri
14.	110319114024	SUMMAN V	MECH	Suman
15.	110319114025	SUNIL KUMAR M	MECH	Sunil Kumar
16.	110319114026	SURYA S	MECH	S. Surya
17.	110319114027	TAMILINIYAN H	MECH	Tamiliniyan
18.	110319114028	VENKATESH G	MECH	Venkatesh
19.	110319114029	VIGNESH B S	MECH	Vignesh
20.	110319114030	VIGNESH KUMAR O	MECH	Vignesh
21.	110319114301	POOVARASAN M	MECH	Poovarasan
22.	110319114302	RIZWAN S K	MECH	Rizwan
23.	110319114303	SARAVANAN D	MECH	Saravanan
24.	110319114701	GOKULA KRISHNAN R	MECH	Gokul Krishnan



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25.	110319114028	VENKATESH G	MECH	G. Venkatesh
26.	110319114029	VIGNESH B S	MECH	B S Vignesh
27.	110319114030	VIGNESH KUMAR O	MECH	Vignesh. O.
28.	110319114301	POOVARASAN M	MECH	Poovarasan
29.	110319114302	RIZWAN S K	MECH	S.k.Rizwan
30.	110319114303	SARAVANAN D	MECH	Saravanan D
31.	110319114701	GOKULA KRISHNAN R	MECH	Gokula Krishnan R
32.	110319103001	AJITH. V	CIVIL	Ajith
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36.	110319103006	RAMKUMAR. S	CIVIL	Ram Kumar
37.	110319103007	SAIKUMAR. R	CIVIL	Saikumar
38.	110319103008	SANJAY KUMAR. S	CIVIL	Sanjay Kumar
39.	110319103009	SANTHOSH KUMAR. S	CIVIL	Santhosh
40.	110319104001	ABIRAMI	CSE	Abirami
41.	110319104002	AKSHAYA.S	CSE	Akshaya
42.	110319104003	AUVULA MOHAN	CSE	Auvula Mohan
43.	110319104004	BALAJI M	CSE	M. Balaji
44.	110319104005	BHAVANI.B	CSE	B. Bhavani
45.	110319104006	BHAVYA SHREE. G	CSE	Bhavya
46.	110319104007	B.VENNELA	CSE	B. Vennela
47.	110319104008	BRINDHA P	CSE	P. Brindh
48.	110319104009	VINOD BABU CHUNCHU	CSE	Vinod Babu
49.	110319104010	DEEPIKA C	CSE	C. Deepika
50.	110319104011	DEVA. H	CSE	Deva
51.	110319104012	J.DHIVYA BHARATHI	CSE	J. Dhivya
52.	110319104013	S DINESH BABU	CSE	S. Dinesh Babu
53.	110319104014	DIVYA. G	CSE	Divya
54.	110319104016	HARISH BABU R.L	CSE	Harish



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55.	110319104017	INDRA. V	CSE	V. Indira
56.	110319104018	E.JAYARAMYA	CSE	Jayaramya
57.	110319104019	JEELA SINDHU	CSE	Jeela
58.	110319104034	RAMAN KB	CSE	RuKB
59.	110319104035	RAVELLA NARASIMHA RAO	CSE	Ran Nar Rao
60.	110319104036	SARAN PRASANTH UP	CSE	Saran Pr
61.	110319104037	SATHYA S	CSE	Sathya
62.	110319104038	SEVANTHI.R	CSE	Sevanthi
63.	110319104039	C. SIVASAI	CSE	C. Siva Sai
64.	110319104040	SNEHA BA	CSE	Sneha
65.	110319104041	SOWMIYA G	CSE	Sowmya
66.	110319104045	SURYA KUMAR R	CSE	Surya
67.	110319104046	A.R.SUVETHA	CSE	Suvetha
68.	110319104047	SWETHA. V	CSE	Swetha
69.	110319104048	THARUN. R	CSE	R. Tharun
70.	110319104049	UMA.D	CSE	Uma
71.	110319104050	VIJAY B	CSE	Vijay
72.	110319104301	PAVAN KUMAR B	CSE	B. Pavan Kumar
73.	110319106001	ABIROSE S	ECE	Abirose
74.	110319106002	ARAVINDHAN A	ECE	Aravindhan
75.	110319106005	BHARGAVTEJA P	ECE	Bhargavteja
76.	110319106007	CHARAN P	ECE	Charan
77.	110319106008	CHARUMATHI P	ECE	Charumathi
78.	110319106009	CHIDHAMBARAM S	ECE	Chidambaram
79.	110319106012	HARIPRIYAN S	ECE	Haripriyan
80.	110319106014	ISHAGOPIKA G	ECE	Ishagopika
81.	110319106019	KISHOREB L	ECE	Kishore
82.	110319106021	LAHARI P	ECE	Lahari
83.	110319106022	LEENA V	ECE	Leena
84.	110319106027	MEGHA P	ECE	Megha.P



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85.	110319106030	NARSINENI KAVYASRI	ECE	Kavya sri
86.	110319106031	NITHISHKUMAR V R	ECE	Knoob
87.	110319106040	SATHISHKUMAR G	ECE	Sathish
88.	110319106048	VIDIMUKKALAVENKATAVINAY	ECE	Vino
89.	110319106701	DHANUSHYA S	ECE	Dhanush
90.	110319106003	ARUNKUMAR T	ECE	Rus
91.	110319106004	BEGANBABU P	ECE	Bogan P
92.	110319106013	HEMANTH R	ECE	Hemant R
93.	110319106015	JOTHILAKSHMIV A	ECE	Jothilakshmi v.A
94.	110319106016	KARTHIKA K	ECE	Karthika .K
95.	110319106017	KARUNAKARAN R	ECE	Karunakar
96.	110319106018	KEERTHANA P	ECE	Keerthana P
97.	110319106020	KOMMISETTY SOMASEKHAR	ECE	Kommi
98.	110319106025	MAGESH E	ECE	Magos
99.	110319106028	NAGISETTIYUVASAIRA M	ECE	Nagi S.
100.	110319106032	NITHYAVENI K	ECE	Nithyaveni
101.	110319106035	POOJASHREE G	ECE	Poojashree G
102.	110319106038	SANGEETHA D	ECE	Sangeetha
103.	110319106039	SANJAY T N	ECE	Sanjay T.N
104.	110319106041	SATHYAPRIYA S	ECE	Sathyapriya
105.	110319106042	SILAMBARASAN D	ECE	Selinbarasan
106.	110319106047	VANISHA R	ECE	Vanisha
107.	110319106006	BHUVANESHWARI S	ECE	Bubh.
108.	110319106010	DINESHBENJAMINM V	ECE	Dinesh
109.	110319106302	NARESHKUMA R	ECE	Narashkumar
110.	110319121001	AKILA M A	BME	Akila M.A
111.	110319121003	BABIN P	BME	Babin P
112.	110319121004	BALAJI S	BME	Balaji
113.	110319121005	BOOPATHY A	BME	Boopathy
114.	110319121006	DAWLATH K	BME	Dawlath



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115.	110319121003	BABIN P	BME	Babin
116.	110319121004	BALAJI S	BME	Balaji
117.	110319121005	BOOPATHY A	BME	Boopath
118.	110319121006	DAWLATH K	BME	Dawlatk
119.	110319121007	DHANALAKSHMI P P	BME	Dhanalakshmi
120.	110319121008	DIVYA P	BME	Divyap
121.	110319121009	DURGA DEVI G M	BME	Durgadevi
122.	110319121010	GEETHANJALI B	BME	Geethanjali
123.	110319121011	GOWTHAM M	BME	Gowtham
124.	110319121012	JANARDHANAN D	BME	J. Janardhanan
125.	110319121013	JOSHAN J C	BME	J.C. Joshan
126.	110319121015	KARTHICK V	BME	Karthick
127.	110319121016	KAVITHA S L	BME	Kavitha
128.	110319121018	KISHORE L	BME	Kishore
129.	110319121019	LAKSHMANAN K	BME	Lakshmanan
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132.	110319121030	RADHAKRISHNAN M	BME	Radhakrishnan
133.	110321631001	AARTHI V	MBA	Aarthi
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135.	110321631003	AKKILA S	MBA	Akshaya
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142.	110321631010	DINAKARAN C	MBA	Dinakaran
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145.	110321631014	HEMAKUMAR G	MBA	Hemakumar
146.	110321631015	JAGADABHI SAAHITHYA	MBA	Jagadabhi
147.	110321631016	JAGADEESAN P A	MBA	Jagadeesan
148.	110321631017	JAI KRISHNA M	MBA	Jai Krishna
149.	110321631018	JANANI R	MBA	Janani



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150.	110321631019	JIVITHA L	MBA	Jivitha
151.	110321631020	KARIKALAN V	MBA	Karikalan
152.	110321631021	KARTHIKSARAN B	MBA	Karthiksaran
153.	110321631022	KEERTHI VARMAN D	MBA	Keerthi Varman
154.	110321631023	MADESH V	MBA	Madesh V
155.	110321631024	MADHAN M	MBA	M. Madhan
156.	110321631025	MANISH B	MBA	Manish B
157.	110321631026	NAGARAJ M (1997)	MBA	Nagaraj M
158.	110321631027	NAGARAJ M (2000)	MBA	Nagaraj M
159.	110321631028	NANDHINI D	MBA	Nandhini D
160.	110321631029	OM PRAKASH S	MBA	Omprakash S
161.	110321631038	RAMYA B	MBA	Ramya B
162.	110321631039	ROJA D	MBA	P. Roja
163.	110321631040	ROSHINI I	MBA	Roshini I
164.	110321631041	ROSHINI K	MBA	Roshini K
165.	110321631042	RUPASREE Y A	MBA	Rupasree Y A
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167.	110321631044	SAIKUMAR T	MBA	Saikumar T
168.	110321631045	SANGEETH KUMAR A	MBA	Sangeetha K
169.	110321631046	SANTHOSH J	MBA	Santhosh J
170.	110321631047	SATHISHKUMAR L	MBA	Sathish Kumar
171.	110321631048	SINDHIYA JAYASHRI. J.A	MBA	Sindhya Jayashri
172.	110321631049	SINDHU S	MBA	Sindhu S
173.	110321631050	SUBA SWARNAMBIGAI A	MBA	Suba Swarnambigai
174.	110321631051	SUBHASHREE S S	MBA	Subhashree S S
175.	110321631052	SURYA B	MBA	B. Surya
176.	110321631055	VASANTH KUMAR N	MBA	Vasanth Kumar
177.	110321631056	VEDHACHALAM T	MBA	Vedha Chalam
178.	110321631057	VIGNESH.A (14/08/2000)	MBA	A. Vignesh
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GRT Mahalakshmi Nagar, Chennai- Tirupathi Highway, Tiruttani – 631 209.  
Thiruvallur District, Tamil Nadu. Phone: 044-27887011,27885400, web:grt.edu.in

## CERTIFICATE OF PARTICIPATION

*Presented to*

*for successful completion and active participation*

*in the “Workshop” entitled*

**“One day Workshop on Stress Management”**


**On 01.06.2022**

**at GRT INSTITUTE OF ENGINEERING & TECHNOLOGY.**



  
Dr.G.Vinayagam  
Physical Director

  
PRINCIPAL  
GRT INSTITUTE OF ENGINEERING & TECHNOLOGY  
GRT MAHALAKSHMI NAGAR  
CHENNAI-TIRUPATHI HIGHWAY  
TIRUTTANI-631 209

  
Prof. Dr. S. Arumugam  
Principal



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Thiruvallur District, Tamil Nadu. Phone: 044-27887011, 27885400, web: grt.edu.in

## **CERTIFICATE OF PARTICIPATION**

*Presented to*

**KEERTHANA. A.P**

*for successful completion and active participation*

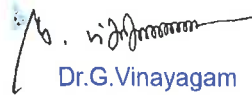
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**“One day Workshop on Stress Management”**


**On 01.06.2022**

*at* **GRT INSTITUTE OF ENGINEERING & TECHNOLOGY.**



  
Dr.G.Vinayagam  
Physical Director

  
PRINCIPAL  
GRT INSTITUTE OF ENGINEERING & TECHNOLOGY  
GRT MAHALAKSHMI NAGAR  
CHENNAI-TIRUPATHI HIGHWAY  
TIRUTTANI, 631 209

  
Prof. Dr. S. Arumugam  
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10.06.2022

**CIRCULAR**

The department of Physical education is organising a “**One-Day Programme Demo on Yoga**” for all UG and PG final year students on 14/6/2022 in the GRT IET campus to expose students to the many benefits of yoga by Mrs.Selvarani, Director of Physical Education, PMC Tech,Hosur.








  
**PHYSICAL DIRECTOR**

  
**PRINCIPAL**  
10/6/22

Copy submitted to CMD / Dean

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## Department of Physical Education

### One day Programme on Demo on Yoga

**Date: 14.06.2022**

**Time: 8.30am to 3.20pm**

**Resource Person**

**Mrs. Selvarani,**  
Physical Director  
PMC Tech, Hosur.

**Organizing Secretary**

**Dr. G Vinayagam**  
Physical Director - GRTIET

**Organizing Chairperson**

**Dr. S. Arumugam**  
Principal - GRTIET



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**CHIEF GUEST PROFILE**



Mrs. Selvarani, Director of Physical Education, PMC Tech, Hosur. and has qualifications in M.P.Ed., M.Phil., in physical education. She has more than 13 years experience in the field of physical education. He has achieved rankings in both zonal and inter-zonal competitions. He won awards for best team manager in Kabbadi, Ball badminton, Chess, and Hockey. He serves on the Anna University selection committees for the Kabbadi Team & the Ball Badminton Team and his areas of interest include Yoga & Meditation Classes, Ball Badminton.



  
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**PROGRAMME REPORT**

**ONE DAY PROGRAMME ON DEMO ON YOGA**

<b>Name of the program</b>	: One day Programme on Demo on Yoga
<b>Name of the Resource person</b>	: Mrs.Selvarani, Director of Physical Education, PMC Tech,Hosur
<b>Date</b>	: 14.06.2022
<b>Time</b>	: 8.30 am to 3.20 pm
<b>No of Beneficiary</b>	: 160

- This Yoga Demo programme was successfully carried out on June 14, 2022, by the programme that is very useful to the people in raising awareness about Yoga.
- Yoga is beneficial for people suffering from lifestyle diseases and fitness disorders. Some of the other physical benefits of yoga are:
  - a) Protection from injury
  - b) Better flexibility
  - c) Increased muscle strength and tone
  - d) Maintains weight
  - e) Better athletic performance
  - f) Balances metabolism
- The theme for this years yoga day was “Yoga for the achievement of the Sustainable Development Goals” .Various asanas were followed by omkar chanting. Warm-up exercises, sitting and standing asanas were performed. The trainers gave us a short class about the benefits of yoga.
- They help in improving concentration and in attaining inner peace. It helps a person improve life physically, mentally and spiritually as well.



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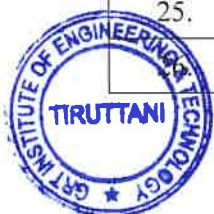


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**DEPARTMENT OF PHYSICAL EDUCATION**

**STUDENTS ENROLLED FOR “ONE DAY PROGRAMME ON DEMO ON YOGA”  
YEAR 2021 – 2022** **SCHEDULED DATE: 14.06.2022**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT
1.	110319114001	ARUN KUMAR G	MECH
2.	110319114002	DHARANI T	MECH
3.	110319114003	ELVIN V	MECH
4.	110319114004	GOKUL G	MECH
5.	110319114005	GOKULAKANNAN B	MECH
6.	110319114006	GOKUL ANANDA RAO P G	MECH
7.	110319114020	SASIDHARAN R	MECH
8.	110319114021	SENTHILKUMAR E	MECH
9.	110319114022	SESHADHRI B	MECH
10.	110319114024	SUMMAN V	MECH
11.	110319114701	GOKULA KRISHNAN R	MECH
12.	110319103001	AJITH. V	CIVIL
13.	110319103002	JAYA PRAKASH. P.B	CIVIL
14.	110319103003	JAYA PRATAP. J	CIVIL
15.	110319103005	NAVEEN KUMAR POLU	CIVIL
16.	110319103006	RAMKUMAR. S	CIVIL
17.	110319103007	SAIKUMAR. R	CIVIL
18.	110319103008	SANJAY KUMAR. S	CIVIL
19.	110319103009	SANTHOSH KUMAR. S	CIVIL
20.	110319104008	BRINDHA P	CSE
21.	110319104009	VINOD BABU CHUNCHU	CSE
22.	110319104010	DEEPIKA C	CSE
23.	110319104011	DEVA. H	CSE
24.	110319104012	J.DHIVYA BHARATHI	CSE
25.	110319104013	S DINESH BABU	CSE
	110319104014	DIVYA. G	CSE



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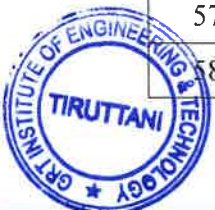


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27.	110319104016	HARISH BABU R.L	CSE
28.	110319104017	INDRA. V	CSE
29.	110319104018	E.JAYARAMYA	CSE
30.	110319104019	JEELA SINDHU	CSE
31.	110319104020	JEEVITHA.A	CSE
32.	110319104021	KAMAL. R	CSE
33.	110319104022	KARTHEESAN BS	CSE
34.	110319104023	KATARILAKSHMIPATHI	CSE
35.	110319104024	KIRUTHIGA.M	CSE
36.	110319104025	S.KULASHEKAR	CSE
37.	110319104026	LOKA SAI REDDY C	CSE
38.	110319104027	NITHISH DHANANJAY YADAV M	CSE
39.	110319104028	NAVEEN G	CSE
40.	110319104029	V.NIVETHA	CSE
41.	110319104030	NUTHALAPATI SEVITHA	CSE
42.	110319104031	D.PAVAN KUMAR	CSE
43.	110319104032	PAVITHRA. L	CSE
44.	110319104033	PRANEETH.V	CSE
45.	110319104034	RAMAN KB	CSE
46.	110319104035	RAVELLA NARASIMHA RAO	CSE
47.	110319104036	SARAN PRASANTH UP	CSE
48.	110319104037	SATHYA S	CSE
49.	110319104050	VIJAY B	CSE
50.	110319104301	PAVAN KUMAR B	CSE
51.	110319106001	ABIROSES	ECE
52.	110319106002	ARAVINDHANA	ECE
53.	110319106005	BHARGAVTEJAP	ECE
54.	110319106007	CHARANP	ECE
55.	110319106008	CHARUMATHIP	ECE
56.	110319106009	CHIDHAMBARAMS	ECE
57.	110319106012	HARIPRIYANS	ECE
58.	110319106014	ISHAGOPIKAG	ECE

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59.	110319106019	KISHOREBL	ECE
60.	110319106021	LAHARIP	ECE
61.	110319106022	LEENAV	ECE
62.	110319106027	MEGHAP	ECE
63.	110319106030	NARSINENIKAVYASRI	ECE
64.	110319106031	NITHISHKUMARVR	ECE
65.	110319106040	SATHISHKUMARG	ECE
66.	110319106048	VIDIMUKKALAVENKATAVINAY	ECE
67.	110319106701	DHANUSHYA.S	ECE
68.	110319106003	ARUNKUMART	ECE
69.	110319106004	BEGANBABUP	ECE
70.	110319106013	HEMANTHR	ECE
71.	110319106015	JOTHILAKSHMIVA	ECE
72.	110319106016	KARTHIKAK	ECE
73.	110319106017	KARUNAKARANR	ECE
74.	110319106018	KEERTHANAP	ECE
75.	110319106020	KOMMISETTY SOMASEKHAR	ECE
76.	110319106025	MAGESHE	ECE
77.	110319106028	NAGISETTIYUVASAIRAM	ECE
78.	110319106032	NITHYAVENIK	ECE
79.	110319106035	POOJASHREEG	ECE
80.	110319106038	SANGEETHAD	ECE
81.	110319106039	SANJAYTN	ECE
82.	110319106024	MADHUCHAITHANYAD	ECE
83.	110319106026	MARIYAMMALM	ECE
84.	110319106029	NANDHINIM	ECE
85.	110319106046	UMAPATHYAV	ECE
86.	110319106049	VIJAYM	ECE
87.	110319106050	YUVARAJS	ECE
88.	110319106051	YUVASHREEB	ECE
89.	110319106302	NARESHKUMAR	ECE
90.	110319121001	AKILA M A	BME



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91.	110319121003	BABIN P	BME
92.	110319121004	BALAJI S	BME
93.	110319121005	BOOPATHY A	BME
94.	110319121006	DAWLATH K	BME
95.	110319121007	DHANALAKSHMI P P	BME
96.	110319121008	DIVYA P	BME
97.	110319121009	DURGA DEVI G M	BME
98.	110319121010	GEETHANJALI B	BME
99.	110319121011	GOWTHAM M	BME
100.	110319121012	JANARDHANAN D	BME
101.	110319121013	JOSHAN J C	BME
102.	110319121015	KARTHICK V	BME
103.	110319121016	KAVITHA S L	BME
104.	110319121018	KISHORE L	BME
105.	110319121019	LAKSHMANAN K	BME
106.	110319121020	LATHAPRIYA H	BME
107.	110319121021	LAVANYA S S	BME
108.	110319121022	MAHALAKSHMI A G R	BME
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111.	110319121033	SANDHIYA M	BME
112.	110319121034	SATHYA P	BME
113.	110319121035	SUSHINDER S	BME
114.	110319121036	TIMOTHY ASHISH M	BME
115.	110319121037	UMADHARSHINI. A V	BME
116.	110319121038	VANGIMALLA NAVYA SREE	BME
117.	110321631001	AARTHI V	MBA
118.	110321631002	ABBASKHAN N	MBA
119.	110321631003	AKKILA S	MBA
120.	110321631004	AKSHAYA S	MBA
121.	110321631005	ANITHA A	MBA
122.	110321631006	BHUVANESWARI K	MBA



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123.	110321631007	CHANDRIKA S	MBA
124.	110321631008	CHANDRU G	MBA
125.	110321631009	DHIVYA BHARATHI S	MBA
126.	110321631010	DINAKARAN C	MBA
127.	110321631012	GNANASREE N	MBA
128.	110321631013	HARIPRIYA S	MBA
129.	110321631014	HEMAKUMAR G	MBA
130.	110321631015	JAGADABHI SAAHITHYA	MBA
131.	110321631016	JAGADEESAN P A	MBA
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147.	110321631032	PRAGADHEESWARAN M	MBA
148.	110321631033	PRAVEENA P	MBA
149.	110321631034	PRIYADHARSHINI M	MBA
150.	110321631035	RAGAVI S	MBA
151.	110321631036	RAGHUL V	MBA
152.	110321631037	RAJ. L	MBA
153.	110321631038	RAMYA B	MBA
154.	110321631051	SUBHASHREE S S	MBA



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**DEPARTMENT OF PHYSICAL EDUCATION  
ACADEMIC YEAR 2021 – 2022**

**ATTENDANCE SHEET**

**PROGRAMME TITLE: “ONE DAY PROGRAMME ON DEMO ON YOGA”**

**DATE: 14.06.2022**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT	SIGNATURE
1.	110319114001	ARUN KUMAR G	MECH	Arun Kumar
2.	110319114002	DHARANI T	MECH	Dharani T
3.	110319114003	ELVIN V	MECH	Elvin V
4.	110319114004	GOKUL G	MECH	Gokul G
5.	110319114005	GOKULAKANNAN B	MECH	Gokul B
6.	110319114006	GOKUL ANANDA RAO P G	MECH	Gokul Ananda Rao P G
7.	110319114020	SASIDHARAN R	MECH	Sasidharan R
8.	110319114021	SENTHILKUMAR E	MECH	Senthil Kumar E
9.	110319114022	SESHADHRI B	MECH	Seshadhri B
10.	110319114024	SUMMAN V	MECH	Summan V
11.	110319114701	GOKULA KRISHNAN R	MECH	Gokula Krishnan R
12.	110319103001	AJITH. V	CIVIL	Ajith V
13.	110319103002	JAYA PRAKASH. P.B	CIVIL	Jaya Prakash P.B
14.	110319103003	JAYA PRATAP. J	CIVIL	Jaya Pratap J
15.	110319103005	NAVEEN KUMAR POLU	CIVIL	Naveen Kumar Polu
16.	110319103006	RAMKUMAR. S	CIVIL	Ram Kumar S
17.	110319103007	SAIKUMAR. R	CIVIL	Saikumar R
18.	110319103008	SANJAY KUMAR. S	CIVIL	Sanjay Kumar S
19.	110319103009	SANTHOSH KUMAR. S	CIVIL	Santhosh Kumar S
20.	110319104008	BRINDHA P	CSE	Brindha P
21.	110319104009	VINOD BABU CHUNCHU	CSE	Vinod Babu Chunchu
22.	110319104010	DEEPIKA C	CSE	Deepika C
23.	110319104011	DEVA. H	CSE	Deva H
24.	110319104012	J.DHIVYA BHARATHI	CSE	J. Dhivya Bharathi
25.	110319104013	S DINESH BABU	CSE	S Dinesh Babu
26.	110319104014	DIVYA. G	CSE	Divya G



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27.	110319104016	HARISH BABU R.L	CSE	Hari
28.	110319104017	INDRA. V	CSE	V. Indra
29.	110319104018	E.JAYARAMYA	CSE	Jayaram
30.	110319104019	JEELA SINDHU	CSE	Jela
31.	110319104020	JEEVITHA.A	CSE	Jeevitha
32.	110319104021	KAMAL. R	CSE	Ramkumar
33.	110319104022	KARTHEESAN BS	CSE	Kartheesan
34.	110319104023	KATARILAKSHMIPATHI	CSE	Sathy
35.	110319104024	KIRUTHIGA.M	CSE	Sevathi
36.	110319104025	S.KULASHEKAR	CSE	Pisthika
37.	110319104026	LOKA SAI REDDY C	CSE	Abheela
38.	110319104027	NITHISH DHANANJAY YADAV M	CSE	Nithish
39.	110319104028	NAVEEN G	CSE	Naveen
40.	110319104029	V.NIVETHA	CSE	V. nivedha
41.	110319104030	NUTHALAPATI SEVITHA	CSE	Sevitha
42.	110319104031	D.PAVAN KUMAR	CSE	Pavan
43.	110319104032	PAVITHRA. L	CSE	Pavithra
44.	110319104033	PRANEETH.V	CSE	Praneeth
45.	110319104034	RAMAN KB	CSE	Raman
46.	110319104035	RAVELLA NARASIMHA RAO	CSE	Ravella
47.	110319104036	SARAN PRASANTH UP	CSE	Saransha
48.	110319104037	SATHYA S	CSE	Sathya
49.	110319104050	VIJAY B	CSE	Vijay
50.	110319104301	PAVAN KUMAR B	CSE	B. Pavan
51.	110319106001	ABIROSES	ECE	Abiroses
52.	110319106002	ARAVINDHANA	ECE	Aravindhana
53.	110319106005	BHARGAVTEJAP	ECE	Bhargav
54.	110319106007	CHARANP	ECE	Charan
55.	110319106008	CHARUMATHIP	ECE	Charumathi
56.	110319106009	CHIDHAMBARAMS	ECE	Chidambaram
57.	110319106012	HARIPRIYANS	ECE	Haripriya
58.	110319106014	ISHAGOPIKAG	ECE	Isagogikag



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59.	110319106019	KISHOREBL	ECE	Kishore
60.	110319106021	LAHARIP	ECE	Laharip
61.	110319106022	LEENAV	ECE	Leenav
62.	110319106027	MEGHAP	ECE	Meghap
63.	110319106030	NARSINENIKAVYASRI	ECE	Narsineni
64.	110319106031	NITHISHKUMARVR	ECE	Nithish
65.	110319106040	SATHISHKUMARG	ECE	Sathish
66.	110319106048	VIDIMUKKALAVENKATAVINAY	ECE	Vidimuk
67.	110319106701	DHANUSHYA.S	ECE	Dhanush
68.	110319106003	ARUNKUMART	ECE	Arun
69.	110319106004	BEGANBABUP	ECE	Began
70.	110319106013	HEMANTHR	ECE	Hemanth
71.	110319106015	JOTHILAKSHMIVA	ECE	Jothilak
72.	110319106016	KARTHIKAK	ECE	Karthika
73.	110319106017	KARUNAKARANR	ECE	Karun
74.	110319106018	KEERTHANAP	ECE	Keerthana
75.	110319106020	KOMMISETTY SOMASEKHAR	ECE	Kommi
76.	110319106025	MAGESHE	ECE	Magesha
77.	110319106028	NAGISETTIYUVASAIRAM	ECE	Nagiset
78.	110319106032	NITHYAVENIK	ECE	Nithya
79.	110319106035	POOJASHREEG	ECE	Poojash
80.	110319106038	SANGEETHAD	ECE	Sangeeth
81.	110319106039	SANJAYTN	ECE	Sanjay
82.	110319106024	MADHUCHAITHANYAD	ECE	Madhuch
83.	110319106026	MARIYAMMALM	ECE	Mariyam
84.	110319106029	NANDHINIM	ECE	Nandhin
85.	110319106046	UMAPATHYAV	ECE	Umapath
86.	110319106049	VIJAYM	ECE	Vijay
87.	110319106050	YUVARAJS	ECE	Yuvaraj
88.	110319106051	YUVASHREEB	ECE	Yuvash
89.	110319106302	NARESHKUMAR	ECE	Narash
90.	110319121001	AKILA M A	BME	Akila



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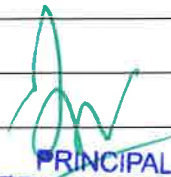


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91.	110319121003	BABIN P	BME	Babin
92.	110319121004	BALAJI S	BME	Balaji
93.	110319121005	BOOPATHY A	BME	Boopathy
94.	110319121006	DAWLATH K	BME	Dawlath
95.	110319121007	DHANALAKSHMI P P	BME	Dhanalakshi
96.	110319121008	DIVYA P	BME	Divya
97.	110319121009	DURGA DEVI G M	BME	Durgadevi
98.	110319121010	GEETHANJALI B	BME	Geethanjali
99.	110319121011	GOWTHAM M	BME	Gowtham
100.	110319121012	JANARDHANAN D	BME	Janardhanan
101.	110319121013	JOSHAN J C	BME	Joshan.Jc
102.	110319121015	KARTHICK V	BME	Karthick V
103.	110319121016	KAVITHA S L	BME	Kavitha.S.L
104.	110319121018	KISHORE L	BME	Kishore.
105.	110319121019	LAKSHMANAN K	BME	AB
106.	110319121020	LATHAPRIYA H	BME	Lathapriya
107.	110319121021	LAVANYA S S	BME	Lavanya
108.	110319121022	MAHALAKSHMI A G R	BME	MAHALAKSHMI
109.	110319121023	MOULIKA G	BME	moulika
110.	110319121024	NAGASHREE M S	BME	Nagashree
111.	110319121033	SANDHIYA M	BME	Sandhya
112.	110319121034	SATHYA P	BME	Sathya
113.	110319121035	SUSHINDER S	BME	Sushinder
114.	110319121036	TIMOTHY ASHISH M	BME	Timothy Ash
115.	110319121037	UMADHARSHINI. A V	BME	umadharsini
116.	110319121038	VANGIMALLA NAVYA SREE	BME	Vangimalla
117.	110321631001	AARTHI V	MBA	AARTHI
118.	110321631002	ABBASKHAN N	MBA	Abbas Khan
119.	110321631003	AKKILA S	MBA	Akkila S
120.	110321631004	AKSHAYA S	MBA	Akshaya
121.	110321631005	ANITHA A	MBA	Anitha A
122.	110321631006	BHUVANESWARI K	MBA	Bhuvaneshwari

  
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123.	110321631007	CHANDRIKA S	MBA	Chandrika
124.	110321631008	CHANDRU G	MBA	Chandru G
125.	110321631009	DHIVYA BHARATHI S	MBA	Divyabharti
126.	110321631010	DINAKARAN C	MBA	Dinakaran
127.	110321631012	GNANASREE N	MBA	Gnanasree V
128.	110321631013	HARIPRIYA S	MBA	Haripriya
129.	110321631014	HEMAKUMAR G	MBA	Hemakumar
130.	110321631015	JAGADABHI SAAHITHYA	MBA	JAGADABHI SAAHITHYA
131.	110321631016	JAGADEESAN P A	MBA	Jadees
132.	110321631017	JAI KRISHNA M	MBA	Jai Krishna M
133.	110321631018	JANANI R	MBA	Janani
134.	110321631019	JIVITHA L	MBA	Jivitha
135.	110321631020	KARIKALAN V	MBA	Karikalan
136.	110321631021	KARTHIKSARAN B	MBA	Karthiksaran
137.	110321631022	KEERTHI VARMAN D	MBA	Keerthi Varman
138.	110321631023	MADESH V	MBA	V. Madesh
139.	110321631024	MADHAN M	MBA	Madhan
140.	110321631025	MANISH B	MBA	Manish B.
141.	110321631026	NAGARAJ M (1997)	MBA	Nagaraj
142.	110321631027	NAGARAJ M (2000)	MBA	Nagaraj
143.	110321631028	NANDHINI D	MBA	Nandhini
144.	110321631029	OM PRAKASH S	MBA	Om prakash
145.	110321631030	PAUL REGINALD P	MBA	paul reginald
146.	110321631031	PAVAN KUMAR K	MBA	K. Pavan Kumar
147.	110321631032	PRAGADHEESWARAN M	MBA	AB
148.	110321631033	PRAVEENA P	MBA	Praveena
149.	110321631034	PRIYADHARSHINI M	MBA	priyadharshini
150.	110321631035	RAGAVI S	MBA	Ragavi S.
151.	110321631036	RAGHUL V	MBA	Raghal
152.	110321631037	RAJ. L	MBA	Raj. L
153.	110321631038	RAMYA B	MBA	Ramya
154.	110321631051	SUBHASHREE S S	MBA	Raja D.



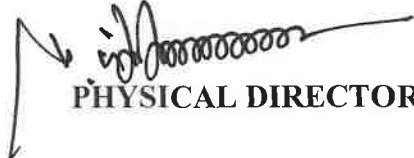


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155.	110321631052	SURYA B	MBA	Surya . B
156.	110321631055	VASANTH KUMAR N	MBA	vasanthkumar N
157.	110321631056	VEDHACHALAM T	MBA	vedha chalam t
158.	110321631057	VIGNESH.A (14/08/2000)	MBA	AD
159.	110321631058	VIGNESH.S	MBA	Vignesh . S
160.	110321631060	VISHAL M	MBA	Vishal

  
PHYSICAL DIRECTOR



  
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Thiruvallur District, Tamil Nadu. Phone: 044-27887011,27885400, web:grt.edu.in

## CERTIFICATE OF PARTICIPATION

*Presented to*

*for successful completion and active participation  
in the “Workshop” entitled*


**“ One day Programme on Demo on Yoga”**


**On 14.06.2022**

**at GRT INSTITUTE OF ENGINEERING & TECHNOLOGY.**

  
Dr.G.Vinayagam  
Physical Director



  
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Prof. Dr. S. Arumugam  
Principal



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*VIJAY.M*


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Dr.G.Vinayagam  
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Prof. Dr. S. Arumugam  
Principal





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18.06.2021

**CIRCULAR**

The department of Physical education is organising “One-day programme on International Yoga Day” for all UG and PG Final Year Students on 21/6/2022, in the GRT IET campus led by Mr. S.Jagadeesh, Director of Physical Education, Paavai Engineering College to raise awareness about the yoga-related benefits.









  
**PHYSICAL DIRECTOR**

  
**PRINCIPAL**  
18/6/21

Copy submitted to CMD / Dean

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2. All HODs
3. Notice Board

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# Department of Physical Education

## One day Programme on International Yoga Day



### Resource Person

**Mr.S.Jagadeesh,**

Physical Director

Paavai Engineering college,Namakkal.

### Organizing Secretary

**Dr. G Vinayagam**

Physical Director - GRTIET

### Organizing Chairperson

**Dr. S. Arumugam**

Principal - GRTIET

**Date: 21.06.2022**

**Time: 8.30am to 3.20pm**



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**CHIEF GUEST PROFILE**



Mr. S. Jagadeesh, Director of Physical Education working in Paavai Engineering college, Namakkal. and has qualifications in B.P.E.S., M.P.Ed., M.Phil. He has more than 12 years experience in the field of physical education. He has achieved rankings in both zonal and inter-zonal competitions. He won awards for best team manager in Kabbadi, Ball badminton, Chess, and Hockey. His areas of interest include Yoga & Meditation Classes, Ball Badminton, Discipline Maintenance, Hand Ball, Kabbadi, Foot Ball, Volley Ball, Kho-kho, Throw Ball, Cricket, Badminton, and Track & Field.



  
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**PROGRAMME REPORT**

**ONE DAY PROGRAMME ON INTERNATIONAL YOGA DAY**

<b>Name of the program</b>	: One Day Program me on International Yoga Day
<b>Name of the Resource person</b>	: Mr. S.Jagadeesh, Director of Physical Education, Paavai Engineering College, Namakkal.
<b>Date</b>	: 21.06.2022
<b>Time</b>	: 8.30 am to 3.20 pm
<b>No of Beneficiary</b>	: 150

- The International Yoga Day Programme was planned and held on our campus on June 21, 2022, for all final year students from all departments. .
- This yoga asana can help in reducing chronic pain, headaches, arthritis, and lower back pain. Yoga is also helpful in lowering blood pressure and reducing insomnia. Yoga is beneficial for people suffering from lifestyle diseases and fitness disorders. Some of the other physical benefits of yoga are:
  - Protection from injury
  - Better flexibility
  - Increased muscle strength and tone
  - Maintains weight
  - Better athletic performance
  - Balances metabolism
- The students were educated on the importance of Yoga. They were explained that yoga helps in maintaining not only physical and mental health but also a healthy social life. The students were taught various Aasanas starting with warming up and stretching followed by the series of Padmasana, Paschimottasans, Pawan Muktasana, Vajrasana, Dhanurasana, Chakrasana, Sarvangasana, Halasana, Bhujangasana, and ending with Shavasana. After Asanas session students were also taught the Pranayama – For Longevity. Addressing the students on the occasion, the Principal appealed to the students to include yoga in their daily routine for its wholesome and salubrious effects on the mind, body and soul.



  
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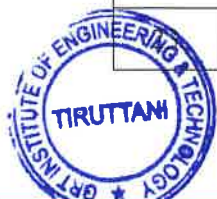
**DEPARTMENT OF PHYSICAL EDUCATION**

**STUDENTS ENROLLED FOR "ONE DAY PROGRAMME ON INTERNATIONAL  
YOGA DAY"**

**YEAR 2021 – 2022**

**SCHEDULED DATE: 21.06.2022**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT
1.	110319114001	ARUN KUMAR G	MECH
2.	110319114002	DHARANI T	MECH
3.	110319114003	ELVIN V	MECH
4.	110319114004	GOKUL G	MECH
5.	110319114005	GOKULAKANNAN B	MECH
6.	110319114006	GOKUL ANANDA RAO P G	MECH
7.	110319114007	JAGADHEESH S	MECH
8.	110319114008	LINGAPPAN S N	MECH
9.	110319114010	MOHANRAO P	MECH
10.	110319114021	SENTHILKUMAR E	MECH
11.	110319114022	SESHADHRI B	MECH
12.	110319114024	SUMMAN V	MECH
13.	110319114025	SUNIL KUMAR M	MECH
14.	110319114026	SURYA S	MECH
15.	110319114027	TAMILINIYAN H	MECH
16.	110319114028	VENKATESH G	MECH
17.	110319114029	VIGNESH B S	MECH
18.	110319103001	AJITH. V	CIVIL
19.	110319103002	JAYA PRAKASH. P.B	CIVIL
20.	110319103003	JAYA PRATAP. J	CIVIL
21.	110319103005	NAVEEN KUMAR POLU	CIVIL
22.	110319103006	RAMKUMAR. S	CIVIL
	110319103007	SAIKUMAR. R	CIVIL



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24.	110319103008	SANJAY KUMAR. S	CIVIL
25.	110319103009	SANTHOSH KUMAR. S	CIVIL
26.	110319104001	ABIRAMI	CSE
27.	110319104002	AKSHAYA.S	CSE
28.	110319104003	AUVULA MOHAN	CSE
29.	110319104004	BALAJI M	CSE
30.	110319104005	BHAVANI.B	CSE
31.	110319104006	BHAVYA SHREE. G	CSE
32.	110319104007	B.VENNELA	CSE
33.	110319104008	BRINDHA P	CSE
34.	110319104009	VINOD BABU CHUNCHU	CSE
35.	110319104010	DEEPIKA C	CSE
36.	110319104011	DEVA. H	CSE
37.	110319104012	J.DHIVYA BHARATHI	CSE
38.	110319104013	S DINESH BABU	CSE
39.	110319104014	DIVYA. G	CSE
40.	110319104016	HARISH BABU R.L	CSE
41.	110319104017	INDRA. V	CSE
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44.	110319104020	JEEVITHA.A	CSE
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46.	110319104022	KARTHEESAN BS	CSE
47.	110319104023	KATARILAKSHMIPATHI	CSE
48.	110319104024	KIRUTHIGA.M	CSE
49.	110319104025	S.KULASHEKAR	CSE
50.	110319104026	LOKA SAI REDDY C	CSE
51.	110319104027	NITHISH DHANANJAY YADAV M	CSE



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52.	110319104028	NAVEEN G	CSE
53.	110319104029	V.NIVETHA	CSE
54.	110319104030	NUTHALAPATI SEVITHA	CSE
55.	110319104031	D.PAVAN KUMAR	CSE
56.	110319104032	PAVITHRA. L	CSE
57.	110319104033	PRANEETH.V	CSE
58.	110319104045	SURYA KUMAR R	CSE
59.	110319106009	CHIDHAMBARAMS	ECE
60.	110319106012	HARIPRIYANS	ECE
61.	110319106014	ISHAGOPIKAG	ECE
62.	110319106019	KISHOREBL	ECE
63.	110319106021	LAHARIP	ECE
64.	110319106022	LEENAV	ECE
65.	110319106027	MEGHAP	ECE
66.	110319106030	NARSINENIKAVYASRI	ECE
67.	110319106031	NITHISHKUMARVR	ECE
68.	110319106040	SATHISHKUMARG	ECE
69.	110319106048	VIDIMUKKALAVENKATAVINAY	ECE
70.	110319106701	DHANUSHYA.S	ECE
71.	110319106003	ARUNKUMART	ECE
72.	110319106004	BEGANBABU P	ECE
73.	110319106013	HEMANTH R	ECE
74.	110319106015	JOTHILAKSHMIV A	ECE
75.	110319106016	KARTHIKA K	ECE
76.	110319106017	KARUNAKARAN R	ECE
77.	110319106018	KEERTHANA P	ECE
78.	110319106020	KOMMISETTY SOMASEKAR	ECE
79.	110319106025	MAGESHE	ECE



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80.	110319106028	NAGISETTIYUVASAIRAM	ECE
81.	110319106032	NITHYAVENI K	ECE
82.	110319106035	POOJASHREE G	ECE
83.	110319106038	SANGEETHA D	ECE
84.	110319106039	SANJAYT N	ECE
85.	110319106041	SATHYAPRIYA S	ECE
86.	110319106042	SILAMBARASAN D	ECE
87.	110319106047	VANISHA R	ECE
88.	110319106006	BHUVANESHWARI S	ECE
89.	110319106010	DINESHBENJAMINM V	ECE
90.	110319106011	GANESHK M	ECE
91.	110319106023	LOGESHWER V	ECE
92.	110319106024	MADHUCHAITHANYA D	ECE
93.	110319106026	MARIYAMMAL M	ECE
94.	110319106029	NANDHINI M	ECE
95.	110319106033	PALEMROHITHREDDY	ECE
96.	110319106034	PAVANKUMAR V R	ECE
97.	110319106037	SANDEEP P B	ECE
98.	110319106043	SRILEKHA E	ECE
99.	110319106044	SRINIVASAN D	ECE
100.	110319106045	THILAGAVATHI G	ECE
101.	110319121015	KARTHICK V	BME
102.	110319121016	KAVITHA S L	BME
103.	110319121018	KISHORE L	BME
104.	110319121019	LAKSHMANAN K	BME
105.	110319121020	LATHAPRIYA H	BME
106.	110319121021	LAVANYA S S	BME
107.	110319121022	MAHALAKSHMI A G R	BME



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108.	110319121023	MOULIKA G	BME
109.	110319121024	NAGASHREE M S	BME
110.	110319121025	NANDHINIPRIYA J	BME
111.	110319121026	PAVITHRA G	BME
112.	110319121027	PAVITHRA K	BME
113.	110319121028	PAVITHRA S	BME
114.	110319121029	PRIYADHARSHINI R	BME
115.	110321631004	AKSHAYA S	MBA
116.	110321631005	ANITHA A	MBA
117.	110321631006	BHUVANESWARI K	MBA
118.	110321631007	CHANDRIKA S	MBA
119.	110321631008	CHANDRU G	MBA
120.	110321631009	DHIVYA BHARATHI S	MBA
121.	110321631010	DINAKARAN C	MBA
122.	110321631012	GNANASREE N	MBA
123.	110321631013	HARIPRIYA S	MBA
124.	110321631014	HEMAKUMAR G	MBA
125.	110321631015	JAGADABHI SAAHITHYA	MBA
126.	110321631016	JAGADEESAN P A	MBA
127.	110321631017	JAI KRISHNA M	MBA
128.	110321631018	JANANI R	MBA
129.	110321631019	JIVITHA L	MBA
130.	110321631020	KARIKALAN V	MBA
131.	110321631021	KARTHIKSARAN B	MBA
132.	110321631022	KEERTHI VARMAN D	MBA
133.	110321631023	MADESH V	MBA
134.	110321631032	PRAGADHEESWARAN M	MBA
135.	110321631033	PRAVEENA P	MBA



  
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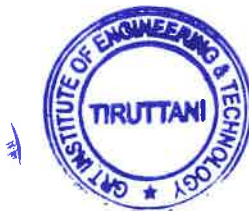
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136.	110321631033	PRAVEENA P	MBA
137.	110321631034	PRIYADHARSHINI M	MBA
138.	110321631035	RAGAVI S	MBA
139.	110321631046	SANTHOSH J	MBA
140.	110321631047	SATHISHKUMAR L	MBA
141.	110321631048	SINDHIYA JAYASHRI. J.A	MBA
142.	110321631049	SINDHU S	MBA
143.	110321631050	SUBA SWARNAMBIGAI A	MBA
144.	110321631051	SUBHASHREE S S	MBA
145.	110321631052	SURYA B	MBA
146.	110321631055	VASANTH KUMAR N	MBA
147.	110321631056	VEDHACHALAM T	MBA
148.	110321631057	VIGNESH.A (14/08/2000)	MBA
149.	110321631058	VIGNESH.S	MBA
150.	110321631060	VISHAL M	MBA

  
**PHYSICAL DIRECTOR**



  
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**DEPARTMENT OF PHYSICAL EDUCATION  
ACADEMIC YEAR 2021 – 2022  
ATTENDANCE SHEET**

**PROGRAMME TITLE: “ONE DAY PROGRAMME ON INTERNATIONAL YOGA  
DAY”**

**DATE: 21.06.2022**

S. NO	REGISTER NUMBER	NAME OF THE CANDIDATE	DEPARTMENT	SIGNATURE
1.	110319114001	ARUN KUMAR G	MECH	<i>Arun</i>
2.	110319114002	DHARANI T	MECH	<i>Dharani</i>
3.	110319114003	ELVIN V	MECH	<i>Elvin</i>
4.	110319114004	GOKUL G	MECH	<i>Gokul</i>
5.	110319114005	GOKULAKANNAN B	MECH	<i>Gokulakannan</i>
6.	110319114006	GOKUL ANANDA RAO P G	MECH	<i>Gokul Ananda Rao</i>
7.	110319114007	JAGADHEESH S	MECH	<i>Jagadheesh</i>
8.	110319114008	LINGAPPAN S N	MECH	<i>Lingappan</i>
9.	110319114010	MOHANRAO P	MECH	<i>Mohan Rao</i>
10.	110319114021	SENTHILKUMAR E	MECH	<i>Senthil Kumar</i>
11.	110319114022	SESHADHRI B	MECH	<i>Seshadhri</i>
12.	110319114024	SUMMAN V	MECH	<i>Summan</i>
13.	110319114025	SUNIL KUMAR M	MECH	<i>Sunil Kumar</i>
14.	110319114026	SURYA S	MECH	<i>Surya</i>
15.	110319114027	TAMILINIYAN H	MECH	<i>Tamiliniyan</i>
16.	110319114028	VENKATESH G	MECH	<i>Venkatesh</i>
17.	110319114029	VIGNESH B S	MECH	<i>Vignesh</i>
18.	110319103001	AJITH. V	CIVIL	<i>Ajith</i>
19.	110319103002	JAYA PRAKASH. P.B	CIVIL	<i>Jaya Prakash</i>
20.	110319103003	JAYA PRATAP. J	CIVIL	<i>Jaya Pratap</i>
21.	110319103005	NAVEEN KUMAR POLU	CIVIL	<i>Naveen Kumar</i>
22.	110319103006	RAMKUMAR. S	CIVIL	<i>Ram Kumar</i>
23.	110319103007	SAIKUMAR. R	CIVIL	<i>Sai</i>



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24.	110319103008	SANJAY KUMAR. S	CIVIL	<i>Sanjay</i>
25.	110319103009	SANTHOSH KUMAR. S	CIVIL	<i>Santhos</i>
26.	110319104001	ABIRAMI	CSE	<i>Abirami</i>
27.	110319104002	AKSHAYA.S	CSE	<i>Akshaya</i>
28.	110319104003	AUVULA MOHAN	CSE	<i>AuVula</i>
29.	110319104004	BALAJI M	CSE	<i>Balaji</i>
30.	110319104005	BHAVANI.B	CSE	<i>Bhavani</i>
31.	110319104006	BHAVYA SHREE. G	CSE	<i>Bhavya</i>
32.	110319104007	B.VENNELA	CSE	<i>Vennela</i>
33.	110319104008	BRINDHA P	CSE	<i>Brindha</i>
34.	110319104009	VINOD BABU CHUNCHU	CSE	<i>Vinod</i>
35.	110319104010	DEEPIKA C	CSE	<i>Deepika</i>
36.	110319104011	DEVA. H	CSE	<i>Deva</i>
37.	110319104012	J.DHIVYA BHARATHI	CSE	<i>Dhivya</i>
38.	110319104013	S DINESH BABU	CSE	<i>Dinesh</i>
39.	110319104014	DIVYA. G	CSE	<i>Divya</i>
40.	110319104016	HARISH BABU R.L	CSE	<i>Harish</i>
41.	110319104017	INDRA. V	CSE	<i>Indra</i>
42.	110319104018	E.JAYARAMYA	CSE	<i>Jayaramya</i>
43.	110319104019	JEELA SINDHU	CSE	<i>Jeela</i>
44.	110319104020	JEEVITHA.A	CSE	<i>Jeevitha</i>
45.	110319104021	KAMAL. R	CSE	<i>Kamal</i>
46.	110319104022	KARTHEESAN BS	CSE	<i>Kartheesan</i>
47.	110319104023	KATARILAKSHMIPATHI	CSE	<i>Katrilakshmi</i>
48.	110319104024	KIRUTHIGA.M	CSE	<i>Kiruthiga</i>
49.	110319104025	S.KULASHEKAR	CSE	<i>Kulashekar</i>
50.	110319104026	LOKA SAI REDDY C	CSE	<i>Loka Sai Reddy</i>
51.	110319104027	NITHISH DHANARAJAYADAV M	CSE	<i>Nithish</i>





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52.	110319104028	NAVEEN G	CSE	Naveen
53.	110319104029	V.NIVETHA	CSE	Nivetha
54.	110319104030	NUTHALAPATI SEVITHA	CSE	Nuthalapati
55.	110319104031	D.PAVAN KUMAR	CSE	Pavankumar
56.	110319104032	PAVITHRA. L	CSE	Pavithra
57.	110319104033	PRANEETH.V	CSE	Praneeth
58.	110319104045	SURYA KUMAR R	CSE	Surya
59.	110319106009	CHIDHAMBARAMS	ECE	Chidambaram
60.	110319106012	HARIPRIYANS	ECE	Haripriya
61.	110319106014	ISHAGOPIKAG	ECE	Ishagopi
62.	110319106019	KISHOREBL	ECE	Kishore
63.	110319106021	LAHARIP	ECE	Lahari
64.	110319106022	LEENAV	ECE	Leena
65.	110319106027	MEGHAP	ECE	Megha
66.	110319106030	NARSINENIKAVYASRI	ECE	Narsini
67.	110319106031	NITHISHKUMARVR	ECE	Nithish
68.	110319106040	SATHISHKUMARG	ECE	Sathish
69.	110319106048	VIDIMUKKALAVENKATAVINAY	ECE	Vidimukka
70.	110319106701	DHANUSHYA.S	ECE	Dhanushya
71.	110319106003	ARUNKUMART	ECE	Arunkumar
72.	110319106004	BEGANBABU P	ECE	Beganbabu
73.	110319106013	HEMANTH R	ECE	Hemant
74.	110319106015	JOTHILAKSHMIV A	ECE	Jothilakshmi
75.	110319106016	KARTHIKA K	ECE	Karthika
76.	110319106017	KARUNAKARAN R	ECE	Karunakaran
77.	110319106018	KEERTHANA P	ECE	Keerthana
78.	110319106020	KOMMISSETTY SOMASEKAR	ECE	Kommisetti
79.	110319106025	MAGESHE	ECE	Mageshe





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80.	110319106028	NAGISETTIYUVASAIRAM	ECE	Jayashree
81.	110319106032	NITHYAVENI K	ECE	Nithya Veni
82.	110319106035	POOJASHREE G	ECE	Pooja
83.	110319106038	SANGEETHA D	ECE	Sangeetha
84.	110319106039	SANJAY T N	ECE	Sanjay T N
85.	110319106041	SATHYAPRIYA S	ECE	Sathyapriya
86.	110319106042	SILAMBARASAN D	ECE	Silambarasan
87.	110319106047	VANISHA R	ECE	Vanisha R
88.	110319106006	BHUVANESHWARI S	ECE	Bhuvaneshwari
89.	110319106010	DINESHBENJAMIN M V	ECE	Dhinesh
90.	110319106011	GANESH K M	ECE	Ganesh K
91.	110319106023	LOGESHWER V	ECE	Logeshwer
92.	110319106024	MADHUCHAITHANYA D	ECE	Madhuchaitanya
93.	110319106026	MARIYAMMAL M	ECE	Mariyammal
94.	110319106029	NANDHINI M	ECE	Nandhini M
95.	110319106033	PALEMROHITHREDDY	ECE	Palemrohithreddy
96.	110319106034	PAVANKUMAR V R	ECE	Pavankumar
97.	110319106037	SANDEEP P B	ECE	Sandeep
98.	110319106043	SRILEKHA E	ECE	Srilekha
99.	110319106044	SRINIVASAN D	ECE	Srinivasan
100.	110319106045	THILAGAVATHI G	ECE	Thilagavathi
101.	110319121015	KARTHICK V	BME	Karthick V
102.	110319121016	KAVITHA S L	BME	Kavitha
103.	110319121018	KISHORE L	BME	Kishore
104.	110319121019	LAKSHMANAN K	BME	Lakshmanan
105.	110319121020	LATHAPRIYA H	BME	Lathapriya
106.	110319121021	LAVANYA S S	BME	Lavanya
107.	110319121022	MAHALAKSHMI A G R	BME	Mahalakshmi



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108.	110319121023	MOULIKA G	BME	Moulika
109.	110319121024	NAGASHREE M S	BME	Nagol
110.	110319121025	NANDHINIPRIYA J	BME	Nandha
111.	110319121026	PAVITHRA G	BME	Pavithra
112.	110319121027	PAVITHRA K	BME	Pavithra
113.	110319121028	PAVITHRA S	BME	Pavithra
114.	110319121029	PRIYADHARSHINI R	BME	Priya R
115.	110321631003	AKKILA S	MBA	Akkila.S.
116.	110321631004	AKSHAYA S	MBA	Akshaya
117.	110321631005	ANITHA A	MBA	Anitha.
118.	110321631006	BHUVANESWARI K	MBA	Bhuvaneshwari
119.	110321631007	CHANDRIKA S	MBA	Chandrika
120.	110321631008	CHANDRU G	MBA	Chandru G.
121.	110321631009	DHIVYA BHARATHI S	MBA	Divyabha
122.	110321631010	DINAKARAN C	MBA	Dinakara
123.	110321631012	GNANASREE N	MBA	Gnanasree
124.	110321631013	HARIPRIYA S	MBA	Haripriya
125.	110321631014	HEMAKUMAR G	MBA	Hemakumar
126.	110321631015	JAGADABHI SAAHITHYA	MBA	JAGADABHI SAAHITHYA
127.	110321631016	JAGADEESAN P A	MBA	Jagadeesan
128.	110321631017	JAI KRISHNA M	MBA	Jai Krishna M.
129.	110321631018	JANANI R	MBA	Janani
130.	110321631019	JIVITHA L	MBA	Jivitha
131.	110321631020	KARIKALAN V	MBA	Karikalan
132.	110321631021	KARTHIKSARAN B	MBA	Karthiksaran
133.	110321631022	KEERTHI VARMAN D	MBA	Keerthi Varman
134.	110321631023	MADESH V	MBA	V-Madesh
135.	110321631032	PRAGADHEESWARAN M	MBA	AB



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136.	110321631033	PRAVEENA P	MBA	Praveena
137.	110321631034	PRIYADHARSHINI M	MBA	Priyadharshini
138.	110321631035	RAGAVI S	MBA	Raganis
139.	110321631046	SANTHOSH J	MBA	Santhosh
140.	110321631047	SATHISHKUMAR L	MBA	Sathish
141.	110321631048	SINDHIYA JAYASHRI. J.A	MBA	Sindhya
142.	110321631049	SINDHU S	MBA	Sindhu
143.	110321631050	SUBA SWARNAMBIGAI A	MBA	Suba
144.	110321631051	SUBHASHREE S S	MBA	Subashree
145.	110321631052	SURYA B	MBA	Surya
146.	110321631055	VASANTH KUMAR N	MBA	Vasanth
147.	110321631056	VEDHACHALAM T	MBA	Vedhachalam
148.	110321631057	VIGNESH.A (14/08/2000)	MBA	Vignesh
149.	110321631058	VIGNESH.S	MBA	Vignesh
150.	110321631060	VISHAL M	MBA	Vishal

  
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## **CERTIFICATE OF PARTICIPATION**

*Presented to*

*for successful completion and active participation*

*in the “Seminar” entitled*

**“One day Programme on International Yoga Day”**


**On 21.06.2022**

**at GRT INSTITUTE OF ENGINEERING & TECHNOLOGY.**

  
Dr.G.Vinayagam  
Physical Director



  
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Prof. Dr. S. Arumugam  
Principal



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Thiruvallur District, Tamil Nadu. Phone: 044-27887011, 27885400, web:grt.edu.in

## **CERTIFICATE OF PARTICIPATION**

*Presented to*

**LEENA. V**

*for successful completion and active participation*

*in the "Seminar" entitled*

**"One day Programme on International Yoga Day"**


**On 21.06.2022**

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Dr.G.Vinayagam  
Physical Director



  
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GRT MAHALAKSHMI NAGAR  
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Prof. Dr. S. Arumugam  
Principal