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Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai
Coimbatore, Tamil Nadu – 641659
www.jit.ac.in



NATIONAL SERVICE SCHEME & JANSONS SPORTS CLUB

Organises

"Yoga Practices for School Students"

On 23.03.2022 at Panchayat Union Primary School, Chennappachetty Pudur

AGENDA

10.00 AM	Welcome Address
	Mr.S.Sindhu,II CSE,JIT
10.05 AM	Short introduction about Yoga for Children
	Dr. K. Senthamil Selvan, NSS PO
10.20 AM	Explaining about the benefits of yogasanas
	Mr.P.Damodaran
11.00 AM	Performaning yogasanas by students guided by
	NSS volunteers
11.30 AM	Demonstration of asanas to the students
	Mr.P.Damodaran
12.00 PM	Vote of thanks
	Ms.Rashmitha ,II CSE ,JIT

PRINCYPAL

JANSONS INSTITUTE OF TECHNOLOGY

KARUMATHAMPATTI

COIMBATORE - 641 659.

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Faculty Coordinator
Dr. K. Senthamil Selvan

Programme Officer
National Service Scheme
Jansons Institute of Technology
Coimbatore-641659.



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Event Report

Title

Yoga Practices for Panchayat Union Primary School Children

Date (from & to)

23.03.2022

Time (from & to) : 10:00 am - 12:00 am

Venue (offline)

Panchayat Union Primary School

Organised by

National Service Scheme

In association with

Jansons Sports Club

JIT Website

https://jit.ac.in/events/nss-unit/yoga-practices-for-panchayat-union-primary-school-

children/

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https://www.instagram.com/p/Cj2AcJ_v0r-/?igshid=YmMyMTA2M2Y=

https://twitter.com/nssjitcbe/status/1582247181796319233?t=WqEIEz-

AnyWBgmqqRQXGnw&s=19

No. of Participants / Beneficiaries

Total (Participants / Beneficiaries)	Students	Teacher	Students (Outside institution)	Teacher (Outside institution)
64	10	2	50	2

Event Objective

The main motto of the event is to make the students familiar to Yoga Practices & explain the importance and benefits of Yoga

Event Summary

As a part of Special Camp, The NSS team organized a session for school children, where our Director of Physical Education, Mr. P. Dhamodharan explained the importance and benefits of Yoga. The gatjering was welcomed by Mr.S.Sindhu,II CSE,JIT. We conducted a practice session for the School Children where different 'Asanas' were demonstrated to the students and explained the Advantages and Disadvantages of the Asanas and made the students to perform those Asanas. He explained in brief about how Yoga is done in our daily life and what the benefits are if we do and what are the ill effects we would face if we do not perform these. The NSS Volunteers accompanied and demonstrated the different Asana and explained the purpose of each. This event was done successfully under the supervision of our NSS Programme Officer, Dr. K. Senthamil Selvan. The event was ended by vote of thanks Ms.Rashmitha

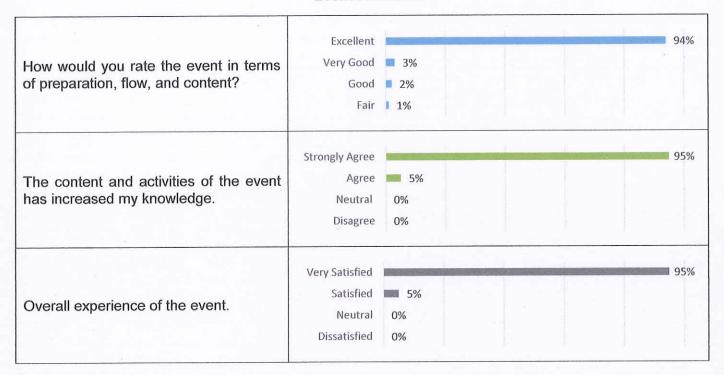
,II CSE ,JIT

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Event Outcomes

This event was very much helpful for the school students. It gave the students a vision about Yoga Practices and the benefits of Yoga. It created awareness among the students and the Faculties.

Event Feedback



Date of report submission: 25.03.2022

Event Photographs



Different yogasanas were demonstrated to the Students by Mr.P.Damodaran, PD/JIT



Mr.P.Damodaran, PD, JIT explained the benefits of different Asanas to the students

Faculty Coordinator
Dr. K. Senthamil Selvan

Programme Officer
National Service Scheme
Jansons Institute of Technology
Coimbatore - 641659.





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KARUMATHAMPATTI, COIMBATORE - 641659



Participants Details

Title: Yoga class for school children

Date: 23-03-2022

Organised by: NSS (SIT sustaunability cells)

Academic Year: 2022

Sl.No.	Name	Year/Department	Signature
	Jandyan Venkater Vaschitha Ras	I/AI	Garshutter
2.	. 0	II / ECE	P.Boi.
3-	P Balaji Gopi Redy Setty Bala Sai	III mech	G. S. RSSR
4.	A-Salbabu	#/mech	A. Solbabu
	G. Rouhnetha.	IP CSTS	Pannitales
	Swethon 1C	II / CSE	Poutha le
	Selva lakshana.B.	I /CSE	Selva lakahana k
	G. S. n. Sina Ranga Saiv.	TI /esE	Con Sai/
9.	K. Goetham muther	TILECE	K. Cur
10	A. Mugilianan	II / civil	Markers
	Through this event, 5	to school sta	dente e 2
	School teachers have &	peen benefil	ted.
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Faculty Incharge

Programme Officer
National Service Scheme
Jansons Institute of Technology
Coimbatore - 641659.

Principal
PRINCIPAL
JANSONS INSTITUTE OF TECHNOLOGY
KARUMATHAMPATTI
COIMBATORE - 641 659.