



SHREENIVASA ENGINEERING COLLEGE

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

B.Pallipatti, Bommidi, Pappireddipatti (Tk), Dharmapuri (Dt) – 635 301.

Cell: 94425 54159, Ph. : 04346 291056.

Website: www.shreenivasa.info Email: principal205@gmail.com

Life skills
(Yoga physical fitness
health and hygiene)



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SUMMARY SHEET (2023-2024)

5.1.2 LIFE SKILLS				
S.NO	Name of the capacity development and skills Enhancement Program	Date Implementation	No of Students Involved	Name of the Agencies/ consultants involved with contact Details (If any)
1	Yoga Therapy	29.11.2023	170	Mr. Sakthivel ,Yoga Guru Mrs Sudha,Trainer Vethathiri Maharishi Yoga Centre,Dharmapuri
2	Marathon Event	20.02.2024	50	Mr.Marappan sub- inspector of police,Nadoor.



ATTESTED

D.N.NANDHAGOPAL, M.E., PH.D.
PRINCIPAL,
Shreenivasa Engineering College,
B.Pallipatti, Bommidi-635 301.
Pappireddipatti(Tk), Dharmapuri(Dt)



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Cell: 94425 54159, Ph.: 04346 291056.
Website: www.shreenivasa.info Email: principal205@gmail.com

Ref. No: SEC/SP/2023-24/01

Date: 28.11.2023

REQUEST LETTER

From

The Physical Director,
Shreenivasa Engineering College,
B.Pallipatti, Bommidi,
Pappireddipatti (TK),
Dharmapuri (DT)- 635 301

To

The Principal,
Shreenivasa Engineering College,
B.Pallipatti, Bommidi,
Pappireddipatti (TK),
Dharmapuri (DT)- 635 301

Permitted
28/11/23

Sub: Requisition to conduct a Yoga Therapy - Reg.

Respected Sir,

This letter is regarding the permission for conducting a Yoga Therapy on our campus. The programme is to be held on 2nd December 2023. , The event will start at 10.00 a.m. and it will end at 4.00 p.m. This event helps students of this college to focus on their physical, emotional and mental health.

Kindly, grant us permission to conduct the event. Looking for a positive response from your side.

Thanking You

Date: 28-11-2023

Place: B. Pallipatti



ATTESTED

Sincerely

[Signature]
Physical Director

Dr. N. NAND. PAL. M.E., Ph.D.
PRINCIPAL,
Shreenivasa Engineering College,
B. Pallipatti, Bommidi-635 301.
Pappireddipatti (Tk), Dharmapuri (Dt)



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Ref. No: SEC/SP/2023-24/01

Date: 29-11-2023

CIRCULAR

This is to inform all the students and faculties of Shreenivasa Engineering College about the “Yoga Therapy” program that focuses on the physical, emotional and mental health. The Program is scheduled on 2nd December 2023 at 10.00 AM.

Students must bring mat, towel or cloths to do yoga. Those students who are interested to participate can enrol their name with physical director on or before 30th December 2023.


Principal
29/11/23

PRINCIPAL,
Shreenivasa Engineering College
B. Pallipatti, Bommidi - 635 301.
Pappireddipatti (Tk), Dharmapuri (Dt)

Copy Submitted to:

- The Chairman,
- Director,
- Notice Board,
- SEC Office,
- All HoDs – To inform all the staff members and students.



ATTESTED


Dr. N. NANDHA GOPAL, M.E., Ph.D.
PRINCIPAL,
Shreenivasa Engineering College,
B. Pallipatti, Bommidi-635 301.
Pappireddipatti (Tk), Dharmapuri (Dt)



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YOGA THERAPY- POSTER

SHREENIVASA ENGINEERING COLLEGE
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B.Pallipatti, Bommidi, Pappireddipatti (TK), Dharmapuri (DT) - 636 301

**ONE DAY INDUCTION PROGRAM
ON
YOGA THERAPY**

**VENUE:
SEMINAR HALL
2nd Dec ,2023**

2023-2024
"YOGA IS THE PERFECT OPPORTUNITY TO
BE CURIOUS ABOUT WHO YOU ARE."

The Poster for Yoga Therapy Program Held On 02.12.2023



ATTESTED

[Signature]
Dr. N. NANDY GOPAL, M.E., Ph.D.
PRINCIPAL,

Shreenivasa Engineering College,
B.Pallipatti, Bommidi-635 301,
Pappireddipatti (Tk), Dharmapuri (Dt)



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LIST OF PARTICIPANTS IN YOGA THERAPY

S.NO	REGISTER NO	NAME	YEAR/DEPT
1	622620121001	AARTHI S	IV/BME
2	622620121003	ABINAYA A	IV/BME
3	622620121004	ABINISHA M	IV/BME
4	622620121005	ABISHEK A	IV/BME
5	622620121027	MEGALA R	IV/BME
6	622620121033	PARVATHA A	IV/BME
7	622620121035	PRABAGAR P V	IV/BME
8	622620121036	PRABAKARAN S	IV/BME
9	622620121037	PREETHI K	IV/BME
10	622620121038	PRIYADHARSHINI T	IV/BME
11	622620121039	PRIYADHARSHINI V	IV/BME
12	622620121040	RASIPRIYA T	IV/BME
13	622620121042	SABARI T	IV/BME
14	622620121051	VIGNESHKUMAR T	IV/BME
15	622620121052	VISITHRA T	IV/BME
16	622621121001	AARTHI A	III/BME
17	622621121003	AJITH P	III/BME
18	622621121004	AKALYA P	III/BME
19	622621121014	GOKULAKRISHNAN S	III/BME
20	622621121015	GOKULRAJ A	III/BME
21	622621121016	GOWTHAM R	III/BME
	622621121018	HARIGOPINATH V	III/BME
	622621121019	HARISH M	III/BME
	622621121027	KIRUBAKARAN M	III/BME
25	622621121028	KOKILA	III/BME



ATTESTED

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26	622621121302	RAGAVAN R	III/BME
27	622622121015	DHIVEN K	II/BME
28	622622121016	DHIVNISHA T	II/BME
29	622622121017	DINESH KUMAR P	II/BME
30	622622121018	HARSHINI G	II/BME
31	622622121019	ISHWARYA A	II/BME
32	622622121020	ISHWARYA K	II/BME
33	622622121022	JANSIRANI K	II/BME
34	622622121023	JAYASREE D	II/BME
35	622622121024	JOTHI D	II/BME
36	622622121025	KANISHKA P	II/BME
37	622622121026	KANITHAN S	II/BME
38	622622121027	KARTHIKEYAN J	II/BME
39	622622121039	PRAVEEN P	II/BME
40	622622121040	PREETHI K	II/BME
41	622622121041	RAJESH D	II/BME
42	622622121043	RAMAN G	II/BME
43	622622121045	SAVITHA S	II/BME
44	622622121047	SRIHA G	II/BME
45	622622121048	SUBA M	II/BME
46	622622121049	SUBHA T	II/BME
47	622622121050	SUJITHARAN E	II/BME
48	622622121051	SURYA A	II/BME
49	622622121056	VIJAYAKUMARI M	II/BME
50	622622121057	VIJAYAKRISHNA K	II/BME
51	622620104001	AKASH K	IV/CSE
52	622620104009	KOWSALINI	IV/CSE



ATTESTED

D. N. NANDHAGOPAL, M.E., Ph.D.
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53	622620104012	MANIKANDAN K	IV/CSE
54	622620104013	MANIMARAN M	IV/CSE
55	622620104301	ABITHA S	IV/CSE
56	622621104001	ABINAYA B	III/CSE
57	622621104019	MULLAITAMILARASU M	III/CSE
58	622621104021	NANDHINI R	III/CSE
59	622621104033	SARASWATHI S	III/CSE
60	622621104034	SATHISH M	III/CSE
61	622621104035	SETTU M	III/CSE
62	622621104036	SIDDHAN R	III/CSE
63	622621104043	THAMILARASI S	III/CSE
64	622621104044	THARUN S	III/CSE
65	622621104045	UDHAYADEEPAN M	III/CSE
66	622621104046	VASANTH A	III/CSE
67	622622104009	CHANDRU S	II/CSE
68	622622104011	DEVIKA S	II/CSE
69	622622104014	HEMALATHA S	II/CSE
70	622622104015	JEEVADHARSHINI S	II/CSE
71	622622104016	KALAIAMUTHU K	II/CSE
72	622622104017	KALIMUTHU K	II/CSE
73	622622104018	KALPANA R	II/CSE
74	622622104028	NANDHINI M	II/CSE
75	622622104029	NIRANCHANA R	II/CSE
76	622622104030	PALANISAMY M	II/CSE
77	622622104036	RAJESH K	II/CSE
78	622622104041	SANJAI R	II/CSE
79	622622104042	SANTHOS M	II/CSE



ATTESTED
Dr. N. NANDI
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80	622622104050	SIVANESHWARAN S	II/CSE
81	622622104051	SUJITHA S	II/CSE
82	622622104059	JAYASURYA M	II/CSE
83	622620105004	GOVINDARAJ P	IV/EEE
84	622620105005	POONGUZHALI J	IV/EEE
85	622620105006	SABARISWARAN S	IV/EEE
86	622620105008	SUJA V	IV/EEE
87	622620105009	THENMOZHI K	IV/EEE
88	622621105003	DEEPIKA. V	III/EEE
89	622621105004	GOWTHAMAN. V	III/EEE
90	622621105005	HARISH. S	III/EEE
91	622621105006	JOTHI. M	III/EEE
92	622622105001	ARULPRAKASH L	II/EEE
93	622622105002	BALAJI K	II/EEE
94	622622105006	JAGAN P	II/EEE
95	622622105007	NAVEEN KUMAR V	II/EEE
96	622622105008	PRIYADHASAN P	II/EEE
97	622622105012	SURENDRHIRAN M	II/EEE
98	622622105013	VISHNU R	II/EEE
99	622622205001	AKASH K	II/IT
100	622622205002	ANISHA S	II/IT
101	622622205003	ARAVINTH M	II/IT
102	622622205010	GOKUL M	II/IT
103	622622205011	GOKULPRADASS P	II/IT
104	622622205012	GOWTHAM. N. N	II/IT
105	622622205013	KARTHIKEYAN S	II/IT
106	622622205022	HARIHARAN S	II/IT
		MUTHUKUMARAN P	II/IT

ATTESTED

D.M. NANDHAGOPAL, M.E., PH.D.
PRINCIPAL,
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107	622622205023	NAVEEN PRAKASH D	II/IT
108	622622205024	POOVARASAN B M	II/IT
109	622622205025	POOVARASAN C	II/IT
110	622622205042	SHEIK DAVOOD A	II/IT
111	622622205043	SIVARANJANI T	II/IT
112	622622205044	SRILEKHA G G	II/IT
113	622622205054	VISHNU G	II/IT
114	622620114002	ASHOK KUMAR G	IV/MECH
115	622620114302	ARUNAGIRI C	IV/MECH
116	622621114004	GOKUL KANNAN K	III/MECH
117	622621114005	GOVINDHARAJ A	III/MECH
118	622621114006	MANOJ S	III/MECH
119	622621114015	TAMILSELVAN V	III/MECH
120	622623225003	ANUSUYA K	I AGR
121	622623225004	BALAJI K	I AGR
122	622623225005	DHANUSH K	I AGR
123	622623225006	DHARSHINI T	I AGR
124	622623225007	DINESH D	I AGR
125	622623243012	GIRIDHARAN V	I AI&DS
126	622623243013	GUNASEKAR R	I AI&DS
127	622623243014	HARISH M	I AI&DS
128	622623243015	HARISHKAR S	I AI&DS
129	622623243016	ISHWARYAN	I AI&DS
130	622623243017	JAYASURYA P	I AI&DS
131	622623121016	KAVIYA S	I BME
132	622623121017	KAVIYARASAN	I BME
133	622623121018	KIRUTHIGA R	I BME

ATTESTED

Dr.N.NANDHAGOPAL, M.E, PH.D.
PRINCIPAL, I BME
Shreenivasa Engineering College,
B.Pallipatti, Bommidi-635301
Pappireddipatti(Tk), Dharmapuri(Dt)





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134	622623121033	POOVISHA R	I BME
135	622623121034	PRIYANGA M	I BME
136	622623121035	ROGINI G	I BME
137	622623104010	GAYATHRI V	I CSE
138	622623104011	GOKUL S	I CSE
139	622623104012	HARIPRIYA I	I CSE
140	622623104013	HARISHKUMAR V	I CSE
141	622623104014	IYYAPPAN R	I CSE
142	622623104015	JAYAPRAKASH K	I CSE
143	622623105004	CHANDRU R	I EEE
144	622623105005	DEEPAK S	I EEE
145	622623105006	DHANUSH M	I EEE
146	622623105007	HARISH A	I EEE
147	622623105008	HARISH M	I EEE
148	622623105010	IMAMSHA A	I EEE
149	622623205034	NITHISH M	I IT
150	622623205035	PANNEER SELVAM P	I IT
151	622623205036	PONMANI K	I IT
152	622623205037	POONSOLAI KARHTICK R	I IT
153	622623205038	PRABU P	I IT
154	622623114007	JAYAPRAKASH U	I MECH
155	622623114008	LOKESHWARAN.M	I MECH
156	622623114009	MUGUNTHAN K	I MECH
157	622623114010	PRABHAKARAN C	I MECH
158	622623114011	PRAJAY.R	I MECH
159	622623114012	PRASANTH R	I MECH
160	622623114013	SARAN S	I MECH



ATTESTED
Dr. N. NANDHAGOPAL, M.E, PH.D.
PRINCIPAL,
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161	622623114014	SENTHIL VELAVAN S	I MECH
162	622623114015	SHEVANTH K	I MECH
163	622623114016	TAMILAN K	I MECH
164	622623114017	TAMILSELVAN A	I MECH
165	622623114018	VEDIYAPPAN R	I MECH
166	622623114002	ARUL M	I MECH
167	622623114003	ARUN S	I MECH
168	622623114004	BHARANI.P	I MECH
169	622623114005	DHANUSH R	I MECH
170	622623114006	EASWARAN K	I MECH



ATTESTED


Dr. N. NANDHAGOPAL, M.E., Ph.D.
PRINCIPAL,
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Pappireddipatti (Tk), Dharmapuri (Dt)



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FINAL REPORT ON THE YOGA THERAPY

Sports Committee, Shreenivasa Engineering College, B.Pallipatti, Dharmapuri conducted a “Yoga Therapy” for students that focuses on their physical, emotional and mental health.

Date and Venue:

- The event took place on 2nd December 2023 at Seminar hall, Shreenivasa Engineering College, B.Pallipatti, and Dharmapuri-635 301.

Participants:

- The event was participated by around 170 students of Shreenivasa Engineering College, B.Pallipatti, Dharmapuri. The list of participants is attached with this report.

Report of the Event:

- A few minutes of yoga for the duration of the day can be an outstanding way to take away pressure that accumulates day by day in both the frame and mind.
- Yoga Postures, Pranayama and Meditation are efficient strategies to release stress. Meditation is rest which gives calm thoughts, properly attention and renaissance of the frame and mind and so forth.
- Yoga is a terrific remedy to remove thoughts depressions.
- Yoga enables college students, teachers, and workers through giving them emotional energy so as to without problems control all pressures and might provide them exceptional rational abilities.
- In view of this, Shreenivasa Engineering College has conducted a one day induction program on Yoga Therapy (02-12-2022) for students. The Yoga Guru Mr. Sakthivel and Trainer Mrs Sudha from Vethathiri Maharishi Yoga centre have conducted classes with high level of keenness. They also explained remedies for personal health problems to the participants with lot of fortitude.



ATTESTED

P.N. NANDHAGOPAL, M.E.M.D.
PRINCIPAL
Shreenivasa Engineering College,
B.Pallipatti, Bommidi-635 301.
Pappireddipatti(Tk), Dharmapuri(Dt)

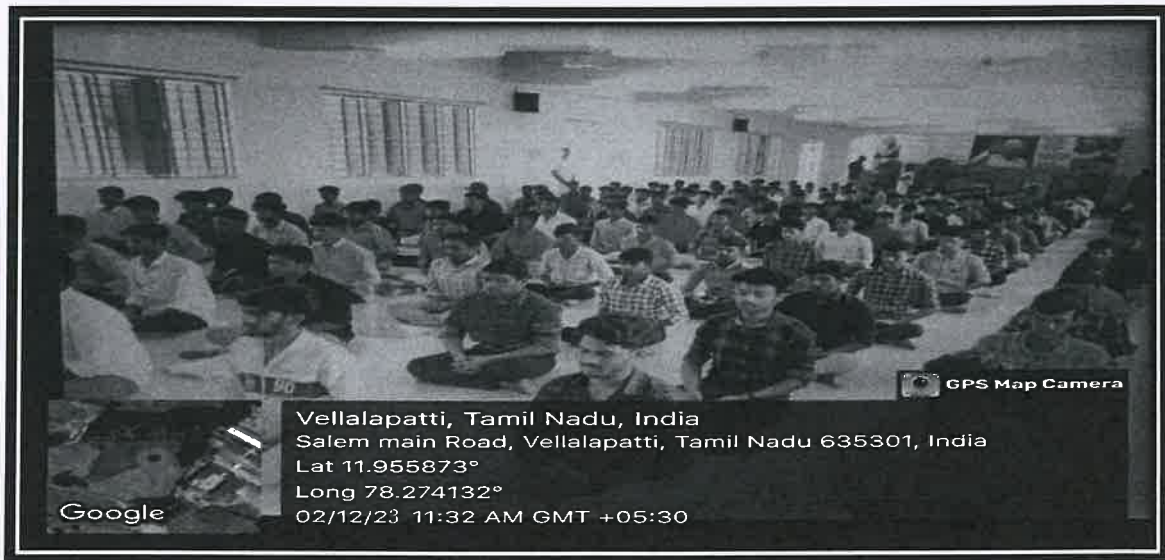


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Long 78.27549°
02/12/23 11:11 AM GMT +05:30



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Dr. N. NANDHAGOPAL, M.E., Ph.D.
PRINCIPAL,
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B.Pallipatti, Bommidi-635 301,
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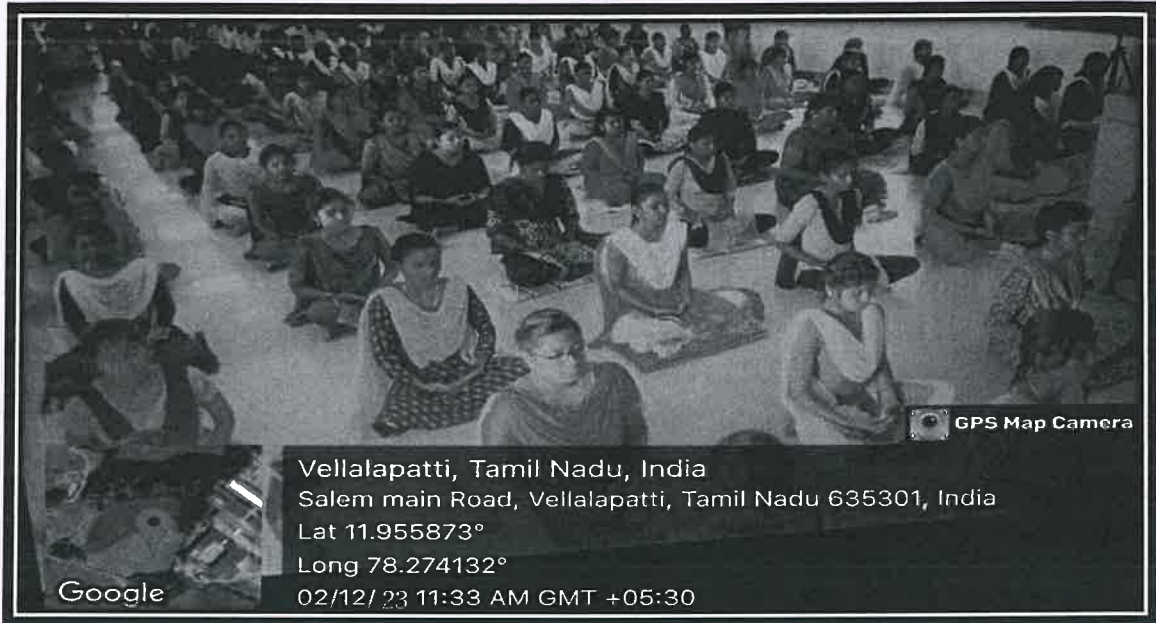
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Website: www.shreenivasa.info Email: principal205@gmail.com



Photos Of Students Excitedly Doing Yoga On 02.12.2023


PHYSICAL DIRECTOR


PRINCIPAL
PRINCIPAL,
Shreenivasa Engineering College
B. Pallipatti, Bommidi - 635 301.
Pappireddipatti (Tk), Dharmapuri (Dt)



ATTESTED

DR. N. NANDHAGOPAL, M.E., M.D.
PRINCIPAL,
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Ref. No: SEC/SP/2023-24/02

Date: 13-02-2024

REQUEST LETTER

From

The Physical Director,
Shreenivasa Engineering College,
B.Pallipatti, Bommidi,
Pappireddipatti (TK),
Dharmapuri (DT)- 635 301

To

The Principal,
Shreenivasa Engineering College,
B.Pallipatti, Bommidi,
Pappireddipatti (TK),
Dharmapuri (DT)- 635 301

Permitted
13/02/24

Sub: Requisition to conduct a Marathon Event - Reg.

Respected Sir,

This letter is regarding the permission for conducting a Marathon Event for awareness of fitness and health on our campus. The programme is to be held on 20th February 2024. The event starts at 10 a.m. and it will end at 1 p.m. This event is for every student of this college who is willing to take part and who is good at sports and deserve trophies for his performances.

Kindly, grant us permission to conduct the event. Looking for a positive response from your side.

Thanking you

ATTESTED


DR. N. NANDHAGOPAL, M.E., PH.D.
PRINCIPAL,
Shreenivasa Engineering College,
B. Pallipatti, Bommidi-635 301.
Pappireddipatti(Tk), Dharmapuri(Dt)

Sincerely

Physical Director





SHREENIVASA ENGINEERING COLLEGE

(Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai.)
B.Pallipatti, Bommidi, Pappireddipatti (Tk), Dharmapuri (Dt) – 635 301
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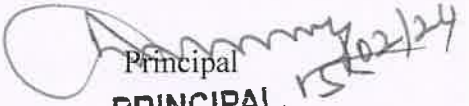
Ref. No: SEC/SP/2023-24/02

Date: 15-02-2024

CIRCULAR

This is to inform all the students and faculties of Shreenivasa Engineering College about conducting “**Marathon Event**” for awareness of fitness and health on 20th February 2024 at 10.00 AM.

Students those who are interested to participate can enrol their names with physical director before 17th February 2024.


Principal
PRINCIPAL,
Shreenivasa Engineering College
B. Pallipatti, Bommidi - 635 301.
Pappireddipatti (Tk), Dharmapuri (Dt)

Copy Submitted to:

- The Chairman,
- Director,
- Notice Board,
- SEC Office,
- All HoDs – To inform all the staff members and students.



ATTESTED

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MARATHON EVENT-POSTER

SHREENIVASA ENGINEERING COLLEGE
B. PALLIPATTI, DHARMAPURI - 635301

MARATHON EVENT

Run for Fitness & Health

- 🕒 10:00 - 1:00 pm
- 📅 20th February 2024
- 📍 Shreenivasa Engineering College,
B. Pallipatti

🌐 For more information
www.shreenivasa.info

The Poster for Marathon Event Program Held On 20.02.2024



ATTESTED

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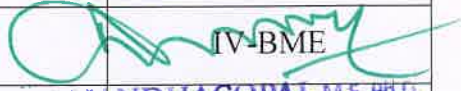
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LIST OF PARTICIPANTS IN MARATHON PROGRAM

S.NO	REGISTER NO	NAME	DEPARTMENT
1	622621225020	MAGALINGAM M	III- AGRI
2	622621225022	MURALI S	III- AGRI
3	622621225023	NALAN S	III- AGRI
4	622621225039	VASANTHKUMAR G	III- AGRI
5	622621225040	VIJAYASARATHI G	III- AGRI
6	622621225041	YOGANATHAN M	III- AGRI
7	622620108016	S.MURUGESAN	IV -AGRI
8	622620108021	A.PORCHELVAN	IV -AGRI
9	622620108023	M.PRAVEEN KUMAR	IV -AGRI
10	622620108038	A.SRIKANTH	IV -AGRI
11	622620108046	P.VIMALRAJ	IV -AGRI
12	622621121015	GOKULRAJ A	III - BME
13	622621121016	GOWTHAM R	III - BME
14	622621121018	HARIGOPINATH.V	III - BME
15	622621121019	HARISH M	III - BME
16	622621121031	MUTHAMILSELVAN V	III - BME
17	622621121052	SUBASH P	III - BME
18	622620121015	HARIRAJ G	IV-BME
19	622620121005	ABISHEK A	IV-BME
20	622620121020	KALAIYARASAN C	IV-BME

ATTESTED


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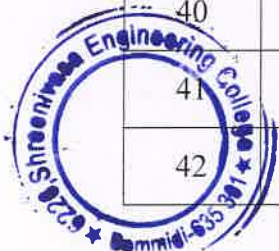
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21	622620121021	KAMALESH RAO M	IV-BME
22	622620121022	KARTHICK S	IV-BME
23	622620121049	SURYA G	IV-BME
24	622620121047	SHAKEEL A	IV-BME
25	622621104302	KAVIARASAN.T	III - CSE
26	622621104303	PRAKASH.S	III - CSE
27	622621104047	VASANTH P	III - CSE
28	622621104048	VASANTHARAJA M	III - CSE
29	622620104012	MANIKANDAN K	IV - CSE
30	622620104013	MANIMARAN M	IV - CSE
31	622620104006	JASWANTHKUMAR P	IV - CSE
32	622620104027	SOWBAKYAN S	IV - CSE
33	622620104031	THIRUMALAIVASAN B	IV - CSE
34	622620104032	VISHNU P	IV - CSE
35	622620104022	SAKTHIVÉL C	IV - CSE
36	622620104018	PANDIYAN R	IV - CSE
37	622620105011	VIKRAMATHITHAN G	III - EEE
38	622620105301	AASHIK A	IV - EEE
39	622620105302	AKASH A	IV - EEE
40	622620105303	MOHANKUMAR M	IV - EEE
41	622620105304	MUGILARASAN P	IV - EEE
42	622620105305	SRIDHAR M	IV - EEE

ATTESTED

Dr. N. NANDHAGOPAL, M.E.E.D.
PRINCIPAL

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43	622621105004	GOWTHAMAN V	III - EEE
44	622621105005	HARISH S	III - EEE
45	622621114307	RAKESHKUMAR K	III-MECH
46	622621114501	KARTHIKEYAN C	III-MECH
47	622620114001	AKASH K	IV-MECH
48	622620114002	ASHOK KUMAR G	IV-MECH
49	622620114006	NACHIMUTHU G	IV-MECH
50	622620114009	PRAVEENKUMAR G	IV-MECH

ATTESTED


D.N.NANDHAGOPAL, M.E., M.D.
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FINAL REPORT ON THE MARATHON EVENT

Sports Committee, Shreenivasa Engineering College, B.Pallipatti, Dharmapuri conducted a “Marathon Event” for awareness of fitness and health.

Date and Venue:

- The event took place on 20th February 2024. The event took place from Shreenivasa Engineering College, B.Pallipatti, to Bairnatham(around 5kms).

Participants:

- The event was participated by around fifty students of Shreenivasa Engineering College, B.Pallipatti, Dharmapuri. The list of participants is attached with this report.

Report of the Event:

- The Marathon event started at 10.00 a.m with flagging off by Mr.Marappan sub-inspector of Police, Nadoor.
- Everyone ran with their valour and love for their country and spreading the message of ‘Healthy India, Fit India’.
- ‘Run for Healthy India’ was a great success that intended at achieving good health of the citizens as healthy people make a healthy nation.
- Finally, the marathon event ended with zest and bliss after doing such great efforts.

ATTESTED

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Photo of Students Excitedly Participating the Marathon On 20.02.2024

[Signature]
PHYSICAL DIRECTOR

ATTESTED

[Signature]
PRINCIPAL



[Signature]
Dr. N. NANDHAGOPAL, M.E., PH.D.
PRINCIPAL,
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