



RAMCO INSTITUTE OF TECHNOLOGY

Approved by AICTE, New Delhi & Affiliated to Anna University

Accredited by NAAC & An ISO 9001: 2015 Certified Institution

NBA Accredited UG Programs: CSE, EEE, ECE and MECH

REPORT OF INTERNATIONAL YOGA DAY

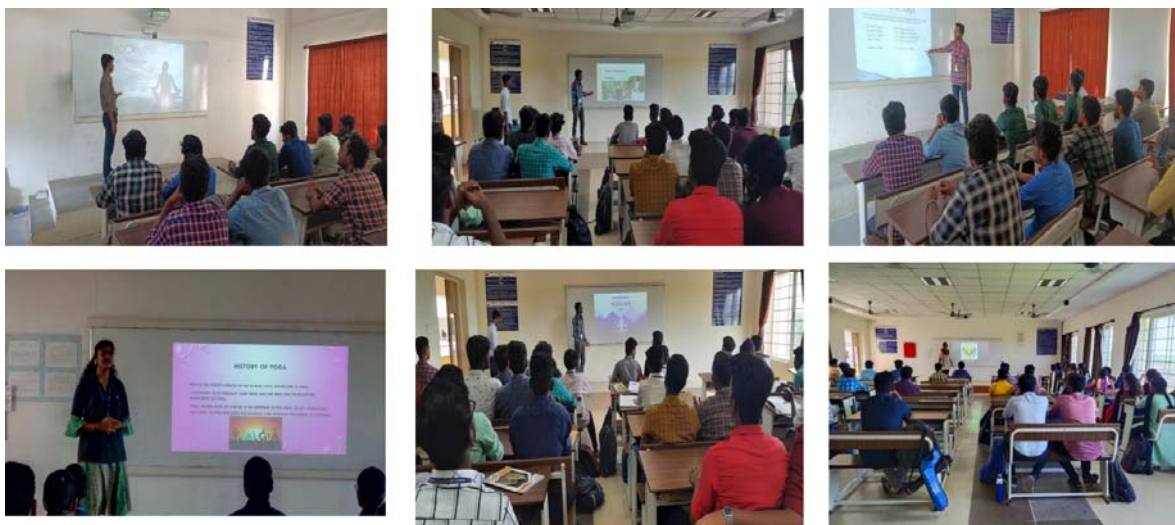
As per directives from the All India Council of Technical Education (AICTE), New Delhi, File No. STDC/Yoga Day Celebrations/635/2021-2022 dated 24.03.2022, Ramco Institute of technology, Rajapalayam – 626117, Virudhunagar (District), Tamil Nadu has been celebrated the International Yoga Day -2022. In this connection, our college's Yoga Club, National Service Scheme and Youth Red Cross has been disseminated/organized the following information/events as mentioned by the AICTE.



1. A yoga related presentation was delivered by our college students during their 1st hour presentation.

One student from each class presented the yoga-related information during their first hour regular presentation in order to assure that all students would participate in the IYD-22. The other students took part in this event as audience members while one of the students presented

their point of view on yoga using a power point presentation. In this way, our college included each and every student in the IYD-22.



2. An online quiz, Cartoon/Drawing and Essay competitions are conducted during 19.06.2022 – 21.06.2022.

In celebration of IYD-21, our college organized a variety of online events from June 19, 2022 to June 21, 2022. These events included an online quiz on yoga, an essay on yoga for humanity, and a drawing/cartoon contest titled "Yoga is Life." The major goal of these activities is to persuade members of the public, employees of organisations, and students in schools and colleges to choose yoga as a healthy lifestyle option.

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Rajapalayam - 626 117

INTERNATIONAL YOGA DAY CELEBRATIONS-2022
#Yoga for Humanity#
(19.06.2022 - 21.06.2022)

Public, Employee of an Organization, School and College Students are Cordially Invited to take part in IYD-22 Competitions

ONLINE QUIZ ON YOGA
Quiz link:
<https://forms.gle/cGVWQWpTUAFJ81D6>
EVENT COORDINATOR
M.VIGNESH PRABU, I/CSE

ESSAY ON YOGA FOR HUMANITY
Registration Link:
<https://forms.gle/eTDGtV8USYUNCHU4A>
EVENT COORDINATOR
N.K.S.JEYA, I/AI & DS

DRAWING / CARTOON CONTEST
(Theme: Yoga is Life)
Registration Link:
<https://forms.gle/8Cz5KtTDR4o6CsNaA>
EVENT COORDINATOR
I.MOHAMED RIZWAN, I/CIVIL

ESSAY ON YOGA FOR HUMANITY
(The essay shall be written in English (or) Tamil and shall be no longer than 3 pages
Topic: English - "Yoga for Humanity"
Tamil - "மனிதகுலத்திற்கான யோகா"
The essay should be an original piece of written work.

Appreciation certificates will be provided for the Winners
E-certificates will be provided for all the participants

FACULTY COORDINATOR Dr.P.THIRUKRISHNAN NSS Officer
STUDENT COORDINATOR(S) K.BHARATH, III/MECH S.LINGESH, III/ECE
CONVENOR Dr.K.BASABI KODI
PATRON Dr.S.RAJAKARUNAKARAN
CHIEF PATRON Dr.L.GANESAN
ECA COORDINATOR VICE PRINCIPAL

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INTERNATIONAL YOGA DAY CELEBRATIONS-2022
(19.06.2022 - 21.06.2022)
Rules and Regulations
ONLINE QUIZ ON YOGA DAY

- Quiz Comprise 20 Questions.
- Each Question carries 1 Mark.
- No negative mark for wrong answers.
- Scored 40 % and above are eligible to get E-certificate.

ESSAY ON YOGA FOR HUMANITY

- (The essay shall be written in English (or) Tamil and shall be no longer than 3 pages
Topic: English - "Yoga for Humanity"
Tamil - "மனிதகுலத்திற்கான யோகா"
The essay should be an original piece of written work.

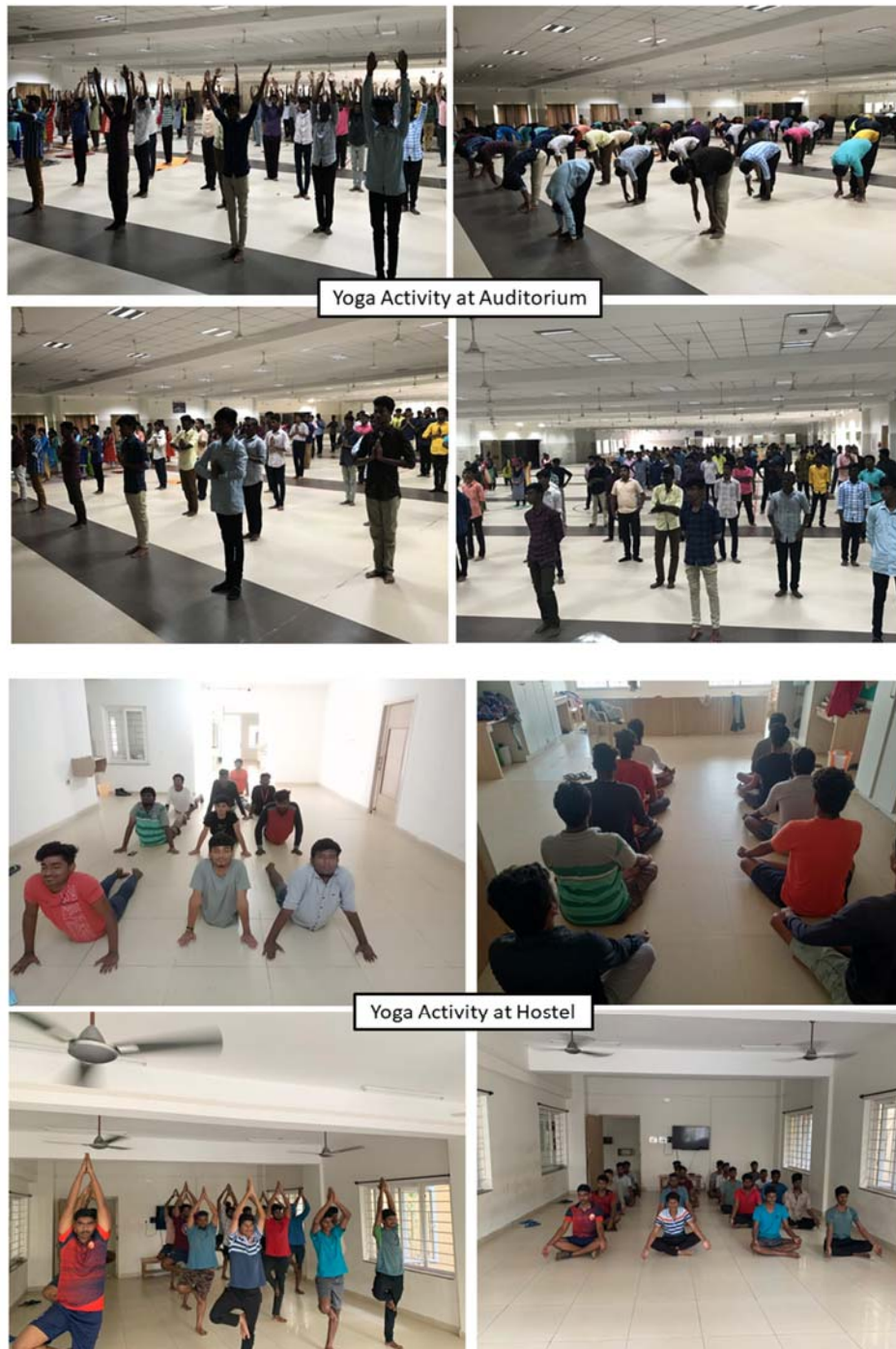
DRAWING / CARTOON CONTEST
(Theme: Yoga is Life)

- Computer drawing or photography images or copied images from other sources are not acceptable.
- Drawing must be on paper of A4 size and include by specifying the Name, Address and contact number.

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3. Yoga Training Activity:

A team of yoga trainer from ISHA Yoga Group visited our college and delivered the special lecture on 21.06.2022 in order to lead a happy life. Yoga instructors gave them a demonstration during this session and encouraged the students to practice it consistently. Some hostel students practiced yoga in their common room.



4. Yoga related posters are displayed on the college television that is available in the corridor.

A poster was displayed on television in the most prominent areas of the Institutes as part of the promotion of the International Yoga Day celebration in 2022. We did this by inviting our students, staff, and their families to participate in the IYD-22 celebrations.

