



AVIT
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



VINAYAKA MISSION'S
RESEARCH FOUNDATION
(Deemed to be University under section 3 of the UGC Act 1956)



Accredited by NAAC



Approved by AICTE

Meditation Camp

On the occasion of AZADI KA AMRIT MAHOTSAV collaborated with Har Ghar Dhyam. The NSS unit of AVIT ISR Cell conducted an awareness program on Meditation and Mental Health camp 08.12. 22 between 2.30 -3.30 p.m. at AV Campus Yoga Hall. Resource person Kalaimamani K.Duraipandi Yoga Master AV Campus Elaborated and trained the students about the yoga how to prevent from the Mental worries and Health to the body by doing Yoga in daily life. This Program Coordinated By K.Surendrababu NSS Programme Officer & ISR Cell Chief Coordinator and NSS Volunteers.



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Cordially invites you all for the one day

Meditation Camp

08 December 2022, Thursday

2.30 p.m. @ AV Campus

Resource Person

Sri Yogi. K. DuraiPandi,
Yoga Instructor,
Aarupadai Veedu Institute of Technology

In the presence of

Dr. G. Selvakumar, Principal, AVIT

Dr. S. P. Sangeetha, VP (Academics) & ISR Program Director

Event Coordinators : Mr. K. Surendrababu, ISR Chief Coordinator & NSS programme officer

Ms. S. Leelavathy, NSS programme officer

Dr. P.S. Aravind Raj, Asso. Prof., Civil & Rotaract Coordinator

Organized by : National Service Scheme (NSS), AVIT &
Institutional Social Responsibility Cell (ISR Cell)



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C. V. Raman Block, Tamil Nadu 603104, India

Latitude 12.65688471°	Longitude 80.18008419°
Local 03:15:06 PM GMT 09:45:06 AM	Altitude 9.52 meters Thursday, 08.12.2022

Note : Meditation camp



CHAWLA BLOCK, AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY,
Tamil Nadu 603104, India

Latitude 12.6571171°	Longitude 80.18053201°
Local 02:57:21 PM GMT 09:27:21 AM	Altitude 9.52 meters Thursday, 08.12.2022

Note : Meditation camp



CHAWLA BLOCK, AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY,
Tamil Nadu 603104, India

Latitude 12.6571171°	Longitude 80.18053201°
Local 02:49:33 PM GMT 09:19:33 AM	Altitude 9.52 meters Thursday, 08.12.2022

Note : Meditation camp

