

YOGA AND HUMAN EXCELLENCE

COMMITTEE MEMBERS

Chief Patron : Thiru. V. Narayanasamy, Chairman

Chief Coordinator : Principal, SRIET

Organizing Member



Mrs.P. Jayabharathi., Assistant Proffesor- ECE

VISION

Yoga & Human Excellence club inspires our students to achieve greater connectedness through Yoga and take the experience of Yoga into their daily lives.

MISSION

- Our mission is to provide a serene, safe, and welcoming space where students can explore
- Yoga, develop their very own personal yoga journey and self-transformation.
- We work to create peace within ourselves.
- A consistent yoga practice will leave students feeling rejuvenated and inspired; leading to a positive transformation.

OBJECTIVE

- To train our students & faculties in Yoga.
- To inculcate moral & ethical values to students
- To imbibe our culture & tradition among young minds.

GOALS

Short Term Goal :

We have entered into an MoU with World Community Service Centre, Vedhathiri Maharishi Institute for Spiritual & Intuitional Education to offer a short term training programmes on Yoga to our students & faculties.

Long term Goal :

In association with WCSC, we propose to offer a diploma programme on Yoga for Youth Empowerment.