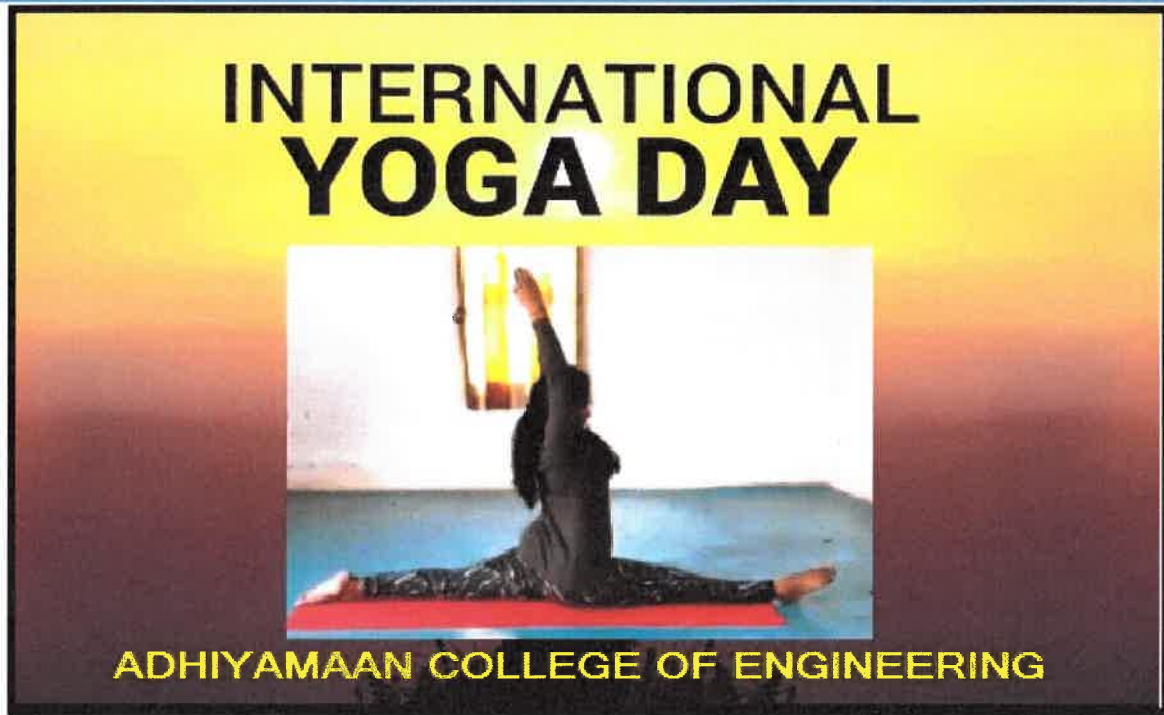




ADHIYAMAAN COLLEGE OF ENGINEERING

(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.
Accredited by NAAC & NBA-UGC, New Delhi



YOGA ACCESSORIES

S. No.	Equipments	Usage
1	Yoga mat	Comfortable and safe
2	Blocks	Improving balance
3	Wheel	Providing extra assistance during arched poses
4	Yoga Strap	Keeping stable
5	Yoga Bag	Packing all the basic needs
6	Towel	Soak up the sweat
7	Yoga Socks	Help feet grasp mat and provide excellent grip
8	Mat Cleaner Sprays	Keep yoga mat and accessories clean
9	Meditation Pillow	Provide support and comfort
10	Massage Gun	Relieve muscle tension
11	Eye Pillows	Shield the eyes from light and to apply a gentle, relaxing weight over and around the eyes
12	Wall Ropes	Better understanding of bodily movement

Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.
Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in
E-mail: principal@adhiyamaan.ac.in.


PRINCIPAL
Adhiyamaan College of Engineering (Autonomous)
Dr.M.G.R. Nagar, HOSUR-635130



ADHIYAMAAN COLLEGE OF ENGINEERING

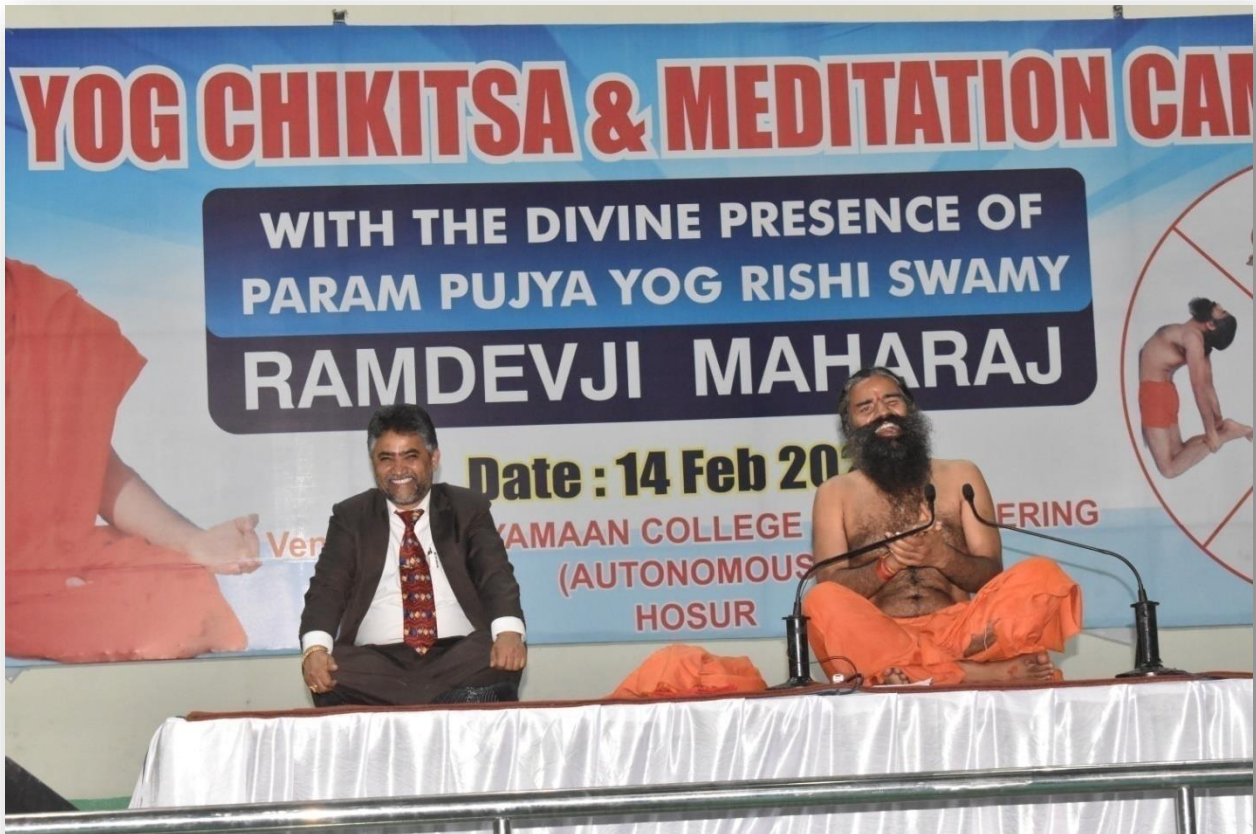
(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.

Accredited by NAAC & NBA-UGC, New Delhi

International Yoga Day Celebration at Indoor Stadium

The International Yoga Day was celebrated on 14th February 2020 by Adhiyamaan College of Engineering (Autonomous), Hosur, in the Indoor Stadium. The training was given by Shri. Baba Ramdevji Maharaj. 250 volunteers participated in the program to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of disciplines. Yoga is a mental, physical and spiritual practice that needs to be carried out every day. Students got the opportunity to understand how yoga embodies unity of mind and body. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonasana, Bhadrasana, Shashankaasana, Bhujangasana, Pranayama and meditation were demonstrated.



Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.
Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in
E-mail: principal@adhiyamaan.ac.in

PRINCIPAL
Adhiyamaan College of Engineering (Autonomous)
Dr. M.G.R. Nagar, HOSUR - 635130



ADHIYAMAAN COLLEGE OF ENGINEERING

(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.

Accredited by NAAC & NBA-UGC, New Delhi



Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.

Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in

E-mail: principal@adhiyamaan.ac.in


PRINCIPAL

Adhiyamaan College of Engineering (Autonomous),
Dr. M.G.R. Nagar, HOSUR - 635130



ADHIYAMAAN COLLEGE OF ENGINEERING

(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.

Accredited by NAAC & NBA-UGC, New Delhi



Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.
Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in
E-mail: principal@adhiyamaan.ac.in


PRINCIPAL
Adhiyamaan College of Engineering (Autonomous),
Dr. M.G.R. Nagar, HOSUR - 635130



ADHIYAMAAN COLLEGE OF ENGINEERING

(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.

Accredited by NAAC & NBA-UGC, New Delhi

International Yoga Day celebration at Indoor Stadium in collaboration with GWR Yogi Yoga

The International Yoga Day was celebrated on 1st August 2022 by Adhiyamaan College of Engineering (Autonomous) in collaboration with GWR Yogi Yoga, Hosur, in the Indoor Stadium. 350 volunteers participated in the program. Yoga is the art work of awareness on the canvas of body, mind and soul. One cannot always control what goes on outside. But one can always control what goes on outside with the help of yoga. It enhances the overall physical and mental ability. Under the initiative of a few volunteers ACE conducted yoga for the students from 8:00 to 9:00 a.m. It refreshed the mind and body of the college students. It definitely was a good start for the day.



Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.
Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in
E-mail: principal@adhiyamaan.ac.in


PRINCIPAL

Adhiyamaan College of Engineering (Autonomous),
Dr. M.G.R. Nagar, HOSUR - 635130



ADHIYAMAAN COLLEGE OF ENGINEERING

(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.

Accredited by NAAC & NBA-UGC, New Delhi



Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.
Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in
E-mail: principal@adhiyamaan.ac.in



PRINCIPAL

Adhiyamaan College of Engineering (Autonomous),
Dr. M.G.R. Nagar, HOSUR - 635130



ADHIYAMAAN COLLEGE OF ENGINEERING

(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.

Accredited by NAAC & NBA-UGC, New Delhi



PRINCIPAL

Adhiyamaan College of Engineering (Autonomous),
Dr. M.G.R. Nagar, HOSUR - 635130

Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.
Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in
E-mail: principal@adhiyamaan.ac.in



ADHIYAMAAN COLLEGE OF ENGINEERING

(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.

Accredited by NAAC & NBA-UGC, New Delhi

YOGA and Meditation Training in Aero Seminar Hall

The YOGA and Meditation Training was conducted on 11th October 2022 by Adhiyamaan College of Engineering (Autonomous), Hosur, in the Aero Seminar Hall by Shri. G. Sangeetha. 250 volunteers participated in the program.



PRINCIPAL

Adhiyamaan College of Engineering (Autonomous),
Dr. M.G.R. Nagar, HOSUR - 635130

Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.
Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in
E-mail: principal@adhiyamaan.ac.in.

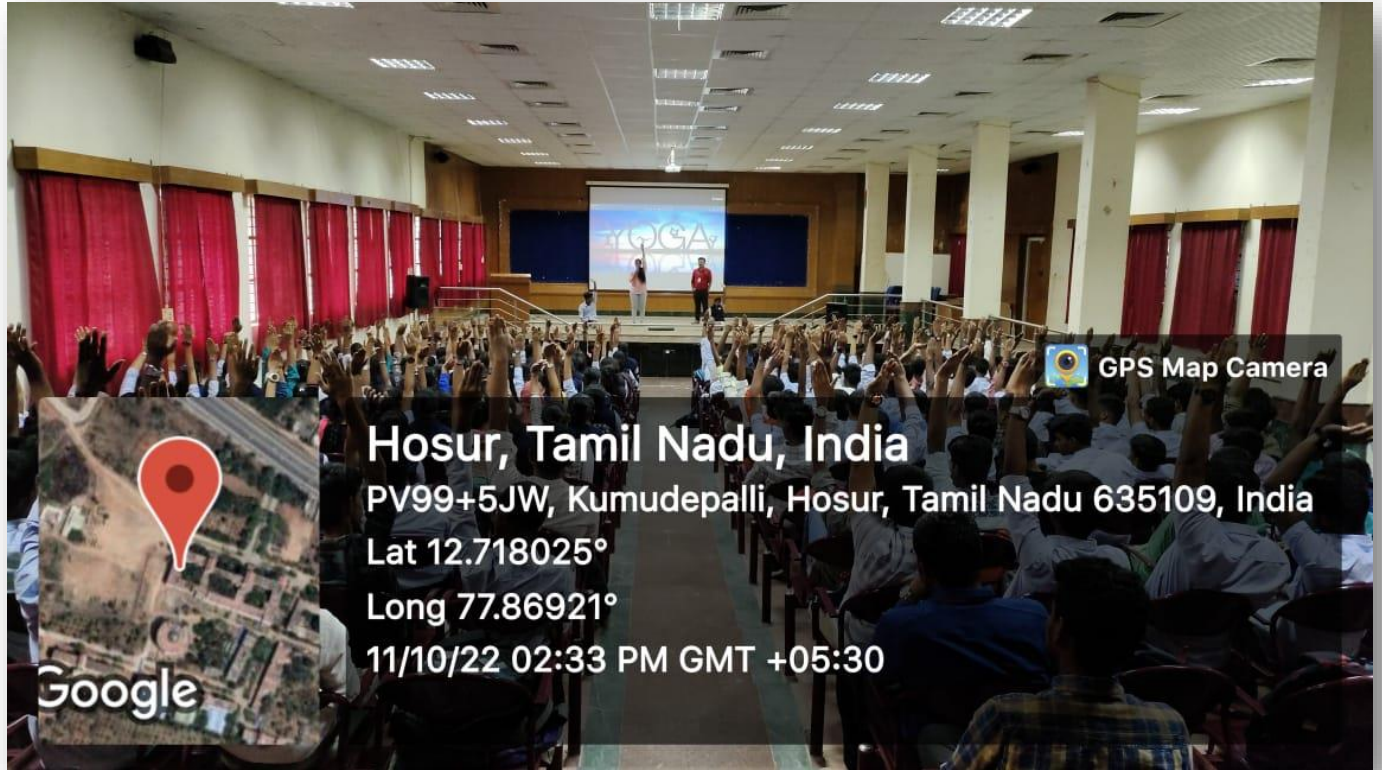


ADHIYAMAAN COLLEGE OF ENGINEERING

(Autonomous)

Affiliated to Anna University– Chennai & Approved by AICTE–New Delhi.

Accredited by NAAC & NBA-UGC, New Delhi



Dr. M. G. R. Nagar, Hosur – 635130, Krishnagiri (Dt), Tamilnadu, India.
Phone: Office: 04344– 260570, 261001-3, 261034. Fax: 04344–260573 Website: www.adhiyamaan.ac.in
E-mail: principal@adhiyamaan.ac.in


PRINCIPAL

Adhiyamaan College of Engineering (Autonomous),
Dr. M.G.R. Nagar, HOSUR - 635130