

## Requisition Letter

From

Mrs. S. Hemalatha, Co-Ordinator of YRC,  
Department of S&H,  
SSM Institute of Engineering and Technology,  
Dindigul.

To

The Principal,  
SSM Institute of Engineering and Technology,  
Dindigul.

Respected Sir,

Sub: Requisition of conducting Health awareness programme to nearby school on 29.11.2022 -reg.

As the Coordinator of YRC, I request your permission to conduct a health awareness program in the nearby school. Student's participation is encouraged to create a way to lead a healthy and better life. Student's participation in this program is not only a contribution to the environment but also to improving the health of individuals and communities.

Thank you.

School name: Govt. Hr. Sec. School, Sendurai.

Date: 25.11.22

Place: Dindigul.



Yours faithfully,

Principal

Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)  
Principal  
SSM Institute of Engineering and Technology  
Kuttathupatti Village, Sindalagundu (Po),  
Palani Road, Dindigul - 624 002.

**Program Co - Ordinator:**

Mrs. S. Hemalatha, AP/ Mathematics



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul-Palani Highway, Dindigul - 624 002.

### Health awareness programme

**Date:** 29.11.2022

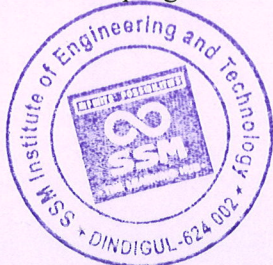
**Venue:** Class room

Health Awareness programme was conducted by the YRC Co-Ordinator, Mrs. S. Hemalatha of SSMIET at Govt. Hr. Sec. School, Sendurai on 29.11.2022. from 10.00am to 12.00pm. The programme was started formally by YRC coordinator S. Hemalatha, AP / Maths, of SSM Institute of Engineering and Technology. The IX and XI standard school students (65 students) and school teachers participated in this programme. Dr. Selvarani Jeyaraman, Dindigul, shared practical tips for healthy living, including healthy diet, activity, relationships, stress management, sleep, and brain fitness. Besides giving sample menus for different meals right from the mornings' breakfast through dinner, the events also highlighted the importance of having regular aerobic exercises.

**OBJECTIVES** of the Programme: The objectives of the Health Awareness programme are widespread. The ultimate goal of health awareness programme is:

- To improve the health of the individual and community level
- To inform and educate the mass about their certain health issues
- To combat diseases like stress, mental unhealthiness

For all these, participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and sound. In addition, people present there are also spurred to boost up their daily nutrition intake. They are also given information on how to integrate and maintain hygiene in their lifestyle. This programme is focused towards addressing issues of personal health care, vaccination, hygiene, and illness prevention. YRC coordinator Mrs.S. Hemalatha, AP / Maths, of SSM Institute of Engineering and Technology, proposed vote of thanks and concluded the program.



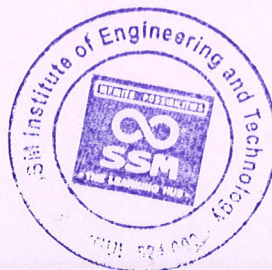
  
Dr. D. SENTHIL KUMAR, M.E., Ph.D., (NUS)  
Principal

SSM Institute of Engineering and Technology  
Kadambatti Village Sindalagunam,  
Palani Road Dindigul - 624 002

**Health awareness programme**



**Govt. Hr. Sec. School students - Sendurai**



*Dr. D. Senthil Kumaran*

**Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)**  
**Principal**  
SSM Institute of Engineering and Technology  
Kuttathupatti Village, Sindalagundu (Po),  
Balani Road, Dindigul - 624 012.



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

### Participants List (IX, XI Standard)

Sl.No	Name	Signature
1	ROBIN MANOJ.I	Robin Manoj
2	ROZARIO ANTONY.V	Rozario Antony
3	SANJAYPIRASANTH.S	Sanjay Pirasanth
4	SANTHANAKRISHNAN.A	Santhanakrishnan
5	SARAVANAKUMAR.B	Saravanan
6	SARAVANAKUMAR.I	SARAVAN
7	SARAVANAN.K	Saravanan
8	SEENIVASAN.S	Seenivasan
9	SHAMEER AHMED.A	Shameer Ahmed
10	STANISLAS.S	Stanislas
11	SUDHARSANAM.K	Sudharsanam
12	SUNDER VELU.P	Sunder
13	SURYA.T	Surya
14	TAMIL SELVAN.M	Tamil Selvan
15	THOMAS REMIGIUS.V	THOMAS
16	VELANKANNIM	Velankanni
17	VELMURUGAN.S	Velmurugan
18	VENKATESH.B	Venkatesh
19	VENKATESH.S	Venkatesh
20	VETRIVEL MURUGAN.E	Vetrivel
21	VIGNESH KAMATCHI.G	Vignesh
22	VIGNESH.T	Vignesh
23	VIGNESH.Y	Vignesh
24	VIGNESHWARAN.R	Vigneshwaran
25	VIGNESWARAN.S	Vigneshwaran
26	VIJAYAN.M	Vishvan
27	VISHVANATHAN.T	Vishvanathan
28	MOHANAPRIYA R	Mohanapriya
29	MOHAN RAJ GOKUL S	Mohan Raj
30	MOTHILAL A	Mothilal

Sl.No	Name	Signature
31	KARTHIK B	Karthik
32	MAHATHIR K	
33	MAHESWARI S	maheswaris.
34	MANIMARAN M	manimaran
35	MARIAMMAL N	mariammal
36	MARUTHAMUTHU G	marutha
37	MOHAMED MAIDEEN N	Mohamed
38	MOHAMED NAVEETH A	Mohamed
39	MOHANAPRIYA R	Mohanapriya
40	MOHAN RAJ GOKUL S	Mohanraj
41	MOTHILAL A	Mothilal
42	MUTHU KUMAR M	Muthu
43	MUTHU MURUGAN M	Muthu
44	MUTHU RAJAN A	Muthurajan
45	MUTHUVEL B	Muthuvel
46	NAGAJOTHI V	Nagajothi
47	NANDHINI N	Nandhini
48	NANDHINI GAYATHRI J	Nandhini
49	NAVANEETHAN M	Navaneethan
50	NAVEEN P	Naveen
51	NAVEEN KUMAR B	Naveen
52	NIRAIMATHI J	Niraimathi
53	NOWSATH ALI A. N	Nowsath
54	PANDI SELVAM R	Pandi
55	PANDIYARAJAN S	Pandiyarajan
56	PARTHIBAN S	Parthiban
57	POOJA BAMI M	Pooja
58	POOVARASI M	Poovarasi
59	PRASSANNA P	Prassanna
60	PRAVEEN R	Praveen
61	PRITHVI RAJ P G	Prithvi
62	PUGAZHENTHI P	Pugazhenti
63	RAKSHANA P	Rakshana
64	RAMESH KUMAR R	Ramesh
65	RANJITH VASAN R	Ranjith