



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai Accredited by NAAC & NBA )

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# HUMANE LEAGUE



## INAUGURAL AND AWARENESS TALK ON FOCUS ON YOUR HEALTH

03.11.2023

### REPORTED BY

S.Kavitha, AsP/ Mathematics

R.Vithyadevi, AP/ Mathematics

**PRINCIPAL**

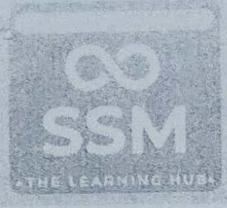
Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (MUG)

Principal

SSM Institute of Engineering and Technology

Samathupatti Village, Sindalagundu (Po),

Palani Road, Dindigul - 624 002.



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C.No.054/SSMIET/2023

Date: 01.11.2023

## CIRCULAR

We are delighted to announce that the inauguration of the Humane League activities for 2023-24 academic year is scheduled on 03.11.2023. This initiative has been perceived to involve student members of Humane League in Environmental activities, Social Welfare activities, and other outreach activities. All the HoDs are asked to permit the members of Humane League to attend the function.

We are honoured to have **Mr.VS.AjayPrasanth**, a distinguished Founder and Managing Trustee of Aalam Foundation, Coimbatore, as our esteemed guest for the inaugural function. Also an awareness programme has been scheduled followed by the inauguration entitled “**Focus on your health**”. All the faculty members are invited to attend the awareness programme.

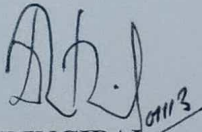
Venue: Seminar Hall 1

Time: 2.00 P.M.

### Coordinators

Mrs.S.Kavitha,AsP/Maths

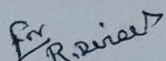
Ms.R. Vithyadevi,AP/Maths

  
PRINCIPAL

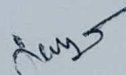
Copy to: Chairman for kind information

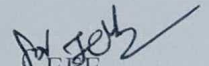
Administrative Officer

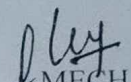
HoD's

  
CIVIL

  
CSE

  
ECE

  
EEE

  
MECH

  
S&H

  
AIDS & CSBS



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COLLEGE OF ARTS AND SCIENCE  
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# HUMAN LEAGUE

Cordially Invites you for the

## INAUGURAL FUNCTION

2023-2024

and a Special Talk on

**" FOCUS ON YOUR HEALTH "**



**Chief Guest**

**Mr. Ajay Prasanth VS**

Founder , Managing Trustee  
Aalam Foundation ,  
Student - Government Medical College,  
Coimbatore



**03<sup>rd</sup> November, 2023 - Friday**



**02.00 pm**



**Seminar Hall -1**

**Co-ordinators**

**Mrs.S.Kavitha**

AsP/MATHS

**Ms.R.Vithyadevi**

AP /MATHS

**Dr.D.Senthil Kumaran**

Principal - SSMIET

**Dr.N.Sampathkumar**

Principal - SSMCAS

All are Invited



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## HUMAN LEAGUE

Organizes

### INAUGURAL FUNCTION

and a Special Talk on

**" FOCUS ON YOUR HEALTH "**

### AGENDA

- 02.00 PM TAMIL THAI VAZHTHU
- 02.05 PM LIGHTING THE LAMP
- 02.15 PM WELCOME ADDRESS
- 02.20 PM CHEIF GUEST INTRODUCTION
- 02.25 PM HONOURING THE CHEIF GUEST
- 02.30 PM OFFICE BEARERS INTRODUCTION
- 02.40 PM TAKING OF PLEDGE
- 02.45 PM CHEIF GUEST SPEECH
- 03.10 PM VOTE OF THANKS
- 03.15 PM NATIONAL ANTHEM

# HUMANE LEAGUE

## INAUGURAL AND AWARENESS TALK ON FOCUS ON YOUR HEALTH

### BRIEF NOTE

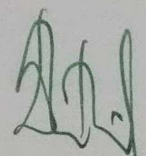
The Humane League activities for 2023-24 academic year was initiated on 03.11.2023. This initiative has been perceived to involve student's members of Humane League in Environmental activities, Social Welfare activities, and other activities. We are honored to have **Mr. VS. Ajay Prasanth**, a distinguished Founder and Managing Trustee of Aalam Foundation, at Coimbatore, as our esteemed guest for the inauguration function. An awareness programme has organized followed by the inauguration entitled "**Focus on your health**" of Student members of Humane League.

Mr. VS. Ajay Prasanth said taking care of your physical body is good for your mental health. The mind and body interact and influence one another in complex ways. Physical illness can make managing your mental well-being more difficult. Stress, lack of energy, poor sleep, and other problems can also take a toll on how you feel mentally. He discusses why you should take care of your body and how it can support your mental health. It also explores what you can do to take better care of yourself. By incorporating these information's into their daily routines, students can develop habits that contribute to their overall health, well-being, and academic success. Nearly 42 students were benefitted by this program.

### Faculty Incharges

**S.Kavitha, Associate Professor/ Mathematics**

**R.Vithyadevi, Assistant Professor/ Mathematics**



**PRINCIPAL**

Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)

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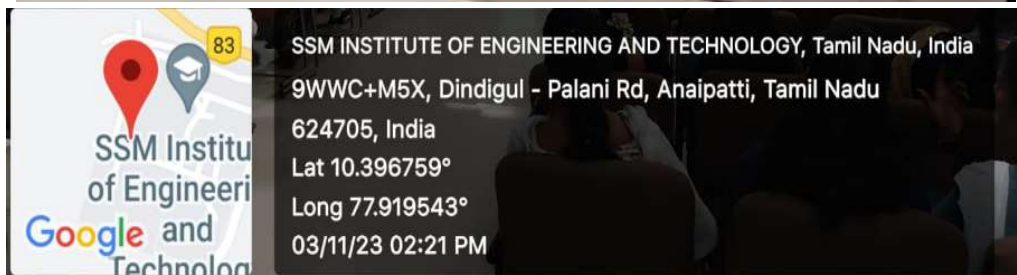
Kuttathupatti Village, Sindalagundu (Pq).

Palani Road, Dindigul - 624 002




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624705, India  
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Long 77.919543°  
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### HUMANE LEAGUE INAUGURATION



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624705, India  
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### PROGRAM INITIATION WITH DR. N.SAMPATHKUMAR, PRINCIPAL/SSMCAS



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Google and Technology

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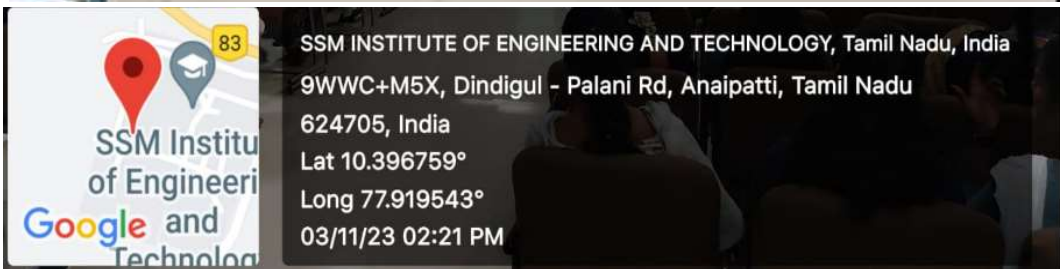
**PROGRAM ORGANIZED BY S.KAVITHA, AsP/MATHS**



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**CHIEF GUEST TALK ABOUT FOCUS ON YOUR HEALTH**



**CHIEF GUEST INTRACTION WITH STUDENT**





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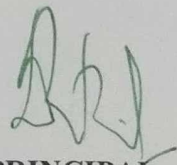
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### HUMANE LEAGUE INAUGURAL FUNCTION AND SPECIAL TALK ON "FOCUS ON YOUR HEALTH"

#### Participant List on 03.11.2023

S.No	Student Name	Year	Branch	Signature
1	SUBBULAKSHMI S.G	II	CSE	S.G. Subbulakshmi
2	Rohini M	II	CSE	Rohini
3	KAVIYA J	III	CSE	Kaviya
4	Sakthi priya. S	III	CSE	Sakthipriya
5	N Sathiya Priya	III	CSE	N. Sathiya Priya
6	ANISHA J	III	CSE	Anisha
7	Rakshitha V P	III	CSE	Rakshitha
8	SYED MUSHARAF M	III	CSE	Syed Musharaf
9	Manoj Kumar V	III	CSE	Manoj Kumar
10	Mahendran p	III	CSE	Mahendran
11	B.Lakshitha Sri	II	ECE	Lakshitha
12	Santhana Renganayagi.K	II	ECE	Santhana Renganayagi
13	R.sivasankari	II	ECE	Sivasankari
14	Sudhasree.T	II	ECE	Sudhasree
15	Swetha M	III	ECE	Swetha
16	GRENA JELCY. A	II	EEE	Grena Jelcy
17	B.MOHAMED	II	EEE	Mohamed
18	B. Sanakaragopi	II	EEE	B. Sanakaragopi
19	M.Varshni	II	EEE	Varshni
20	K. Elamathi	II	EEE	Elamathi

21	R SOWNDARYA	II	EEE	R. Sowardarya
22	K.Ruthrakumar	II	EEE	K. Ruthrakumar
23	M.shalini	II	EEE	M. Shalini
24	GRACIOUS LOUISSANA L	II	EEE	Louissana
25	John vino.R	II	EEE	John R
26	N.Newrichan	II	EEE	N. newrichan
27	B.Kannan	II	EEE	B. Kannan
28	G. Bhuvaneswari	III	EEE	Bhuvaneswari
29	S.Kaviya lakshmi	III	EEE	S. Kaviya
30	R.Ponraj	III	EEE	R. Ponraj
31	M.Vaishali	III	EEE	Vaishali
32	Santhosh.C	III	EEE	Santhosh
33	SRI SUPRAJA S	III	EEE	Supraj
34	J. Divya	III	EEE	Divya
35	Yudish M	III	EEE	Yudish
36	Ponraj.R	III	EEE	Ponraj
37	Priya Dharshini J	III	EEE	Priya Dharshini
38	Arun kumar S	III	EEE	S. Arun
39	Jayasri.S	III	EEE	S. Jayasri
40	P. Narmathadevi	III	EEE	P. Narmathadevi
41	Sri samyutha.B	II	AIDS	Samyutha
42	Swati. P	II	AIDS	Swati



PRINCIPAL

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