

5.1.3 Following Capacity development and skills enhancement initiatives are taken by the institution

- 1.Soft skills
- 2.Language and communication skills
- 3.Life skills (Yoga, physical fitness, health and hygiene)
- 4.Awareness of trends in technology

Sl No	Name of the capability enhancement program	Year
3	Life skills (Yoga, physical fitness, health and hygiene)	2019-20
		2018-19
		2017-18
		2016-17
		2015-16



REGISTRAR
Karpagam Academy of Higher Education
(Deemed to be University Under Section 3 of UGC Act 1956)
Pollachi Main Road, Eachanari Post,
Coimbatore - 641 021.



Yoga

Our institution organizes regular yoga and meditation classes for students and faculty members in order to enhance their physical and mental health. Yoga camp is being organized regularly. Every year International Yoga Day is observed in the institution. Trained yoga instructors from the department of the physical education conduct both theoretical and practical aspects of yoga for students and faculty members. The sessions are conducted in the yoga hall.

Day	Instructors
Monday to Saturday	From Department of the Physical Education

Topics
Introduction to Yoga- Meaning of Yoga – Concept of Yoga- Aim and Objectives of Yoga –History of Yoga - Systems of Yoga.- Stages (or) Limbs of Yoga
Asanas-Surya Namashkar- Thadasana- Veerabadhra Asana- Trikonasana- Utkatasana- ArdhaChakrasana- Ardha Kati Chakrasana- Thandasana- Gomugasana- Padmasana-
Vajrasana- Paschimott asana- Matsyendr asana- BavanaMukth asana- SuptaPadhangusth asana- Sethubhandhasana- Navasana- ArdhaBavanamukthasana- Mathasyasana- Naukasana- Bujangasana- Salabasana- Makkarasana-Dhanurasana.
Pranayama- Meaning- Types OfPranayama- Bhastrika- Bhramari- Udgeeth- Kabalbhati- Bahya-Anulom Vilom- PranayPranayama- Benefits OfPranayama. Neti - JalaNeti , Sutra Neti, Nouli-Three Types, Douthy-Three Types

Yoga Attendance Report

S.No	Year	Month	No of students participated
1	2016	November	240
		December	145
2	2017	January	111
		February	78
		March	76
		April	Nil
		May	Nil
3	2017	June	Nil
		July	Nil
		August	339
		September	1066
		October	469
		November	Nil
		December	217
4	2018	January	148
		February	98
		March	170
		April	Nil
		May	Nil
5	2018	June	47
		July	111
		August	66
		September	33
		October	160
		November	99
		December	99
6	2019	January	47
		February	55
		March	221
		April	Nil
		May	Nil

7	2019	June	Nil
		July	86
		August	445
		September	232
		October	224
		November	267
		December	182
8	2020	January	194
		February	276
		March	142
		April	Nil
		May	Nil

Year	Total No of students
2015-16	1500
2016-17	1650
2017-18	2507
2018-19	1938
2019-20	2048
Total	9643

Note: A separate log register is maintained in the yoga centre. A sample copy of attendance sheet is attached.

4-3.2019

5.3.2018

7.3.2019

YOGA CENTER DAILY REGISTER

S.No.	Name of the Student	Department	Register No.	In Time	Signature	Out Time	Signature
30/6/18	P. Sowantharya	R.Sc (Microbiology)	17 M.D. 0055	3:15/6:40	P. Sowky		
2	T. Vishnu Priya	B.Com (P.A)		"	T. Vishnu		
3	A. Pavithra	B.Com (P.A)		"	A. Pavithra		
4	R. Sowmya	B.Sc (M.B)		"	R. Sowmya		
5	N. Pavithra	B.Sc (M.B)		"	N. Pavithra		
6	R. Usha	B.Sc (M.B)		"	R. Usha		
7	Nivetha Sree	B.Sc (Chemistry)		"	Nivetha		
8	N. Keerthana	B.Sc (Biochemistry)		"	N. Keerthana		
9	Naveena T	B.Sc (M.B)		"	Naveena		
10	Nivetha Shree	B.Sc (Chemistry)		"	Nivetha		
11	P. Sumathi	B.Sc (M.B)		"	P. Sumathi		
1/7/18	P. Sowantharya	B.Sc (M.B)		"	P. Sowantharya		
2	S. Sowmya	B.Sc (M.B)		"	S. Sowmya		
3	N. Pavithra	B.Sc (M.B)		"	N. Pavithra		
4	P. Usha	B.Sc (M.B)		"	P. Usha		
5	N. Keerthana	B.Sc (Chemistry)		"	N. Keerthana		
6	Naveena T	B.Sc (M.B)		"	Naveena		
7	M. Bhuvana	B.Sc (M.B)		"	M. Bhuvana		
8	S. Kartha	B.Sc (Chemistry)		"	S. Kartha		
1/5/18	S. Sowmya	B.Sc (M.B)		"	S. Sowmya		
2	Mayya Varsha	B.Tech (Biotech)		"	Mayya		
3	Vishnu Priya	Bio Tech		"	Vishnu		
4	R. Preetha	BE (Biomedical)		"	R. Preetha		
5	N. Sintha	BE Civil		"	N. Sintha		
6	N. Narmadha Devi	Bio Tech		"	N. Narmadha		
7				"			

YOGA CENTER DAILY REGISTER

S.No.	Name of the Student	Department	Register No.	In Time	Signature	Out Time	Signature
2	K. Elavarasi	B. Pharm		4.15 PM	K. Elavarasi	5.15 PM	K. Elavarasi
13	S. MEENA	B. Pharm		"	M. S. Meena	"	M. S. Meena
22/12/17	Thabseera .N	B. Pharm		"	Thabseera	"	Thabseera
2	ANUSREE P.A	B. Pharm		"	Anusree	"	Anusree
3	Nikhila.V.S	B. Pharm		"	Nikhila	"	Nikhila
4	Akshaya.T	Bsc - Ecs		"	Akshaya	"	Akshaya
5	Swathi .M	Bsc - Ecs		"	Swathi M	"	Swathi M
6				"		"	
7	B. G. Nivetha Shree	Chemistry		"	Nivetha	"	Nivetha
8	A. Anurag	BE Bio Medical		"	A. Anurag	"	A. Anurag
9	K. Janyani	B. Pharm		"	K. Janyani	"	K. Janyani
10	K. Elavarasi	B. Pharm		"	K. Elavarasi	"	K. Elavarasi
11	S. Meena	B. Pharm		"	S. Meena	"	S. Meena
12	Mayya Varsha	Btech Biotech		"	Mayya Varsha	"	Mayya Varsha
13	P. Vishnu prajapati	"		"	P. Vishnu prajapati	"	P. Vishnu prajapati
14	A. Sathya	"		"	A. Sathya	"	A. Sathya
15	N. Sathya	B.F (CIVIL)	16R B.E. 055	"	N. Sathya	"	N. Sathya
16	S.M. Loka Bhanthi	Civil	Staff	"	S.M. Loka Bhanthi	"	S.M. Loka Bhanthi
23/12/17	Thabseera .N	B. Pharm		4.15 PM	Thabseera	5.15 PM	Thabseera
2	Nikhila.V.S.	B. Pharm		"	Nikhila	"	Nikhila
2/01/18	B.G. Nivetha Shree	Chemistry		"	Nivetha	"	Nivetha
2/1/18	Anagha .A	Chemistry		"	Anagha	"	Anagha
8/1/18	CHARTHI .B	Civil		"	Charthi B	"	Charthi B
2.1.18	S.M. Loka Bhanthi	Civil		"	S.M. Loka Bhanthi	"	S.M. Loka Bhanthi
4	R. Kalyani	Automation	Staff	"	R. Kalyani	"	R. Kalyani

Yoga Practice



Sports Event report 2015-16

Date: 21.06.2015

Event title	International Yoga Day
Date	21.06.2015
Venue	Karpagam Academy of Higher Education Campus

Brief Report:

Karpagam Academy of Higher Education celebrates the International day of yoga on 21st June 2015 in a befitting manner. Chancellor, Chief Executive officer, Vice Chancellor, Registrar, faculty members and students participated in the programme.

The following programme was organized:

1. Yoga Experts Dr. Gandhi participated in the Demo by yoga practitioner programme and demonstrated suryanamaskar, Asanas, Pranayama & meditation the 150 faculty member's and 1500 students participated and practiced yoga as shown by the practitioner.
2. Yoga Exhibition on yogic postures was organized in the Karpagam University campus nearly 20 charts were displayed with regard to asana program, Mudras and Chakras Etc., They create awareness among the students.
3. As a whole there was a good response from the faculty members and students. The faculty members and students whole healthy participated in the International Yoga Day of yoga program on 21st June, 2015.
4. A Work shop on Yoga was organized for the faculty members and students in communication with the International yoga day of Yoga. The experts shared their experiences with the staffs and students regarding the type of Yoga, yogic diet asanas of pranayama. The faculty members and students integrated with the experts. The protocol was followed as per the instruction given by the Ministry of AUSH, Government of India and University Grand Commission.



KARPAGAM ACADEMY OF HIGHER EDUCATION

(Deemed to be University)

Established Under Section 3 of UGC Act 1956

Coimbatore- 641021.

Cordially invites you for the Inauguration of the

INTERNATIONAL YOGA DAY

on 21st June 2015 at 10.00 am in Sekkizhar Auditorium

Dr.R.Vasanthakumar

Chairman

Karpagam Educational Institutions

Presides

Dr.S.Subramanian

Vice Chancellor, KAHE

Inaugurates

Thiru. K. Murugaiah

Chief Executive Officer

Karpagam Educational Institutions

Dr. G.Sekar

Registrar

Dr. Gandhi

Yoga Expert

Felicitates





KARPAGAM
ACADEMY OF HIGHER EDUCATION
(Deemed to be University)
(Established Under Section 3 of UGC Act, 1956)

KARPAGAM ACADEMY OF HIGHER EDUCATION

(Deemed to be University)

(Established Under Section 3 of UGC Act, 1956)

Pollachi Main Road, Eachanari Post, Coimbatore - 641 021, Tamilnadu, India.

Phone : 0422 - 2980011 - 14, 6471113, 14 | Fax : 0422 - 2980022-23 | Email : info@karpagam.com

No: KAHE/R-Acad/A1/ 4590/2015/ International Day of Yoga/

16.06.2015

To

The Head (i/c),

Department of Physical Education,

Karpagam Academy of Higher Education,

Coimbatore- 641

Thro: The Dean,

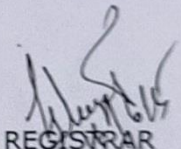
Faculty of Arts, Science and Humanities

Sir,

Sub: Permission to Conduct International Day of Yoga – Approval – reg.

Ref: Your letter dated 15.06.2015

With reference to your letter cited, I am by direction to inform you that permission is granted to the department of Physical Education to conduct International Day of Yoga on 21.06.2015 at our campus.


REGISTRAR

Copy to

1. The Vice-Chancellor's table
2. The Director, IQAC
3. Accounts' Department (Original sanction letter is enclosed)

Date: 21.6.2016

Event title	International Yoga Day
Date	21.06.2016
Venue	Karpagam Academy of Higher Education Campus

Brief Report:

Department of Physical Education organized the International Yoga Day programme at the KAHE Campus on 21.06.2016 and around 1750 students are participated in the international yoga day Event. The protocol was followed as per the instruction given by the Ministry of AUSH, Government of India and University Grand Commission

Enclosures:



No: KAHE/R-Acad/A1/ International Day of Yoga/ 5467/2016/

31.05.2016

To

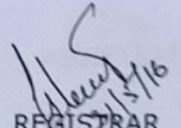
The Head (i/c),
Department of Physical Education,
Karpagam Academy of Higher Education,
Coimbatore- 641

Thro: The Dean,
Faculty of Arts, Science and Humanities

Sir,

Sub: Permission to Conduct International Day of Yoga – Approval – reg.
Ref: Your letter dated 30.05.2016

With reference to your letter cited, I am by direction to inform you that permission is granted to the department of Physical Education to conduct International Day of Yoga on 21.06.2016 at our campus.


REGISTRAR

Copy to

1. The Vice-Chancellor's table
2. The Director, IQAC
3. Accounts' Department (Original sanction letter is enclosed)

Department of Physical Education

Cordially invites you for the Inauguration of

International Yoga Day

on 21st June 2016 at 10.00 a.m. in Sekkizhar Auditorium

Dr. R. Vasanthakumar

Chairman

Karpagam Educational Institutions

Presides

Dr. S. Sudalaimuthu

Vice Chancellor, Karpagam University

AGENDA

Prayer Song

Students

Welcome Address

Dr.S.Suthakar

Head (i/c)

Department of Physical Education

Karpagam University

Presidential Address

Prof. Dr. S. Sudalaimuthu

Vice Chancellor

Karpagam University

Inaugural Address

Dr.R.Vasanthakumar

Chairman

Karpagam Educational Institutions

Felicitation

Thiru. K. Murugiah

Chief Executive Officer

Karpagam Educational Institutions

Dr. G. Sekar

Registrar

Sports Event report 2017-18

Date: 21.06.2017

Event title	International Yoga Day
Date	21.06.2017
Venue	KAHE Campus

Brief Report:

Karpagam Academy of Higher Education, celebrated the International day of yoga on 21st June 2017 at 7.00 am at Karpagam Academy of Higher Education campus around 1900 boys and girls along with members of staff participated in the programme.

Prof.S.Sudalaimuthu Vice Chancellor in his Inaugural address stressed the need for practicing yoga in the day to day life. He further stated that the yoga is an ancient health system, focusing on concentration exercises, meditation and pranayama. The Vice Chancellor pointed out that yoga is not a religious but it is a way of life and any individual can practice yoga, irrespective of religious they profess.

After the inauguration function the students and teachers practiced 16 asanas, and the programme, came to an end at 8.30 a.m. During the practice of asanas, a brief explanation on each asanas was given to the participates to make them understand the importance of asanas.

Karpagam Academy of Higher Education, celebrated the International day of yoga on 21st June 2017 in a befitting manner. Chancellor, Chief Executive officer, Vice Chancellor, Registrar, faculty members and students participated in the program. The protocol was followed as per the instruction given by the Ministry of AUSH, Government of India and University Grand Commission.

Enclosures:





KARPAGAM ACADEMY OF HIGHER EDUCATION

(Deemed to be University)

(Established Under Section 3 of UGC Act1956)

Coimbatore- 641021.

Department of Physical Education

Cordially invites you for the Inauguration of the

INTERNATIONAL YOGA DAY-2017

on 21st June 2017 at 10.00 am in Sekkizhar Auditorium

Dr.R.Vasanthakumar

Chairman

Karpagam Educational Institutions

Presides

Dr. S. Sudalaimuthu

Vice Chancellor,KAHE

Inaugurates

Thiru. K. Murugaiah

Chief Executive Officer

Karpagam Educational Institutions

&

Dr. R.Sundararajan

Registrar, KAHE

Felicitate

Convener

Dr.S.Suthakar

Head (i/c)

Department of Physical Education,
Karpagam Academy of Higher Education
Coimbatore



KARPAGAM ACADEMY OF HIGHER EDUCATION

(Deemed to be University)

(Established Under Section 3 of UGC Act, 1956)

Pollachi Main Road, Eachanari Post, Coimbatore - 641 021, Tamilnadu, India.

Phone : 0422 - 2980011 - 14, 6471113, 14 | Fax : 0422 - 2980022-23 | Email : info@karpagam.com

(Established Under Section 3 of UGC Act, 1956)

No: KAHE/R-Acad/A1/ International Day of Yoga/ 4579/2017/

19.05.2017

To

The Head (i/c),

Department of Physical Education,

Karpagam Academy of Higher Education,

Coimbatore- 641

Thro: The Dean,


Faculty of Arts, Science and Humanities

Sir,

Sub: Permission to Conduct International Day of Yoga – Approval – reg.

Ref: Your letter dated 15.06.2017

With reference to your letter cited, I am by direction to inform you that permission is granted to the department of Physical Education to conduct International Day of Yoga on 21.06.2017 at our campus.


19/5
REGISTRAR

Copy to

1. The Vice-Chancellor's table
2. The Director, IQAC
3. Accounts' Department (Original sanction letter is enclosed)

Sports Event report 2018-19

Date: 21.06.2018

Event title	International Yoga Day
Date	21.06.2018
Venue	Karpagam Academy of Higher Education

Brief Report:

Karpagam Academy of Higher Education, celebrated the International day of yoga on 21st June 2018 at 7.30 am at Karpagam Academy of Higher Education campus around 2100 boys and girls along with members of staff participated in the programme. After the inauguration function the students and teachers practiced 18 asanas, Meditation and Pranayama, and the programme, came to an end at 9.30 a.m. During the practice of asanas, brief explanation on each asanas was given to participate to make them understand the importance of asanas, Meditation, Pranayama and Mudras. The protocol was followed as per the instruction given by the Ministry of AUSH, Government of India and University Grand Commission.



No: KAHE/R-Acad/E1/IY/2969/2018

28.05.2018

CIRCULAR

I am by direction to inform you that it is proposed to celebrate International Yoga Day on 21st June 2018 at Sekkizhar Auditorium from 10.00 am to 11.30 am. The students will be given training to practice yoga from 19.06.2018 to 20.06.2018 after 3.00 p.m. In this connection, the Heads of the departments are requested to send 15 boys & 15 girls students along with staff members to the Sekkizhar Auditorium 30 minutes before the schedule time on the above mentioned dates.

Instructions to the nominated students:

1. Comfortable white Sudithar dress on 21.06.2018 for girls.
2. Comfortable black pant or track & white T- shirt with collar (half hand) on 21.06.2018 for boys.
3. The nominated students are instructed to bring the Blanket (Green color)-3X6 feet from 19.06.2018 to 21.06.2018.
4. Each department need to send 15 boys & 15 girls totally 30 students.
5. Each department must send one faculty with their students. They need to stay with their students till end of the yoga class.


REGISTRAR

To
All the Deans & Head of the Departments

Copy to:

1. The Chancellor's table
2. The CEO's table
3. The Vice-Chancellor's table
4. The Head (i/c), Department of Physical Education
5. The Director, IQAC

Web : www.kahedu.edu.in

To

The Head (i/c),

Thro: The Dean,

Department of Physical Education,

Faculty of Arts, Science and Humanities

Karpagam Academy of Higher Education,

Coimbatore- 641


Sir,

Sub: Permission to Conduct International Day of Yoga – Approval – reg.

Ref: Your letter dated 22.05.2018

With reference to your letter cited, I am by direction to inform you that permission is granted to the department of Physical Education to conduct International Day of Yoga on 21.06.2018 at our campus.

A sum of Rs 3,500 /- has been sanctioned for the same


REGISTRAR

Copy to

1. The Vice-Chancellor's table
2. The Director, IQAC
3. Accounts' Department (Original sanction letter is enclosed)



KARPAGAM ACADEMY OF HIGHER EDUCATION

(Deemed to be University)

(Established Under Section 3 of UGC Act 1956)

Coimbatore- 641021.

Department of Physical Education

Cordially invites you for the Inauguration of the

INTERNATIONAL YOGA DAY-2018

on 21st June 2018 at 10.00 am in Sekkizhar Auditorium

Dr.R.Vasanthakumar

Chairman

Karpagam Educational Institutions

Presides

Dr. S. Sudalaimuthu

Vice Chancellor,

Karpagam Academy of Higher Education

Inaugurates

Thiru. K. Murugaiah

Chief Executive Officer

Karpagam Educational Institutions

Dr. R.Sundararajan

Registrar,

Karpagam Academy of Higher Education

Felicitate

Convener

Dr.S.Suthakar

Head (i/c)

Department of Physical Education,

Karpagam Academy of Higher Education

Sports Event report 2019-2020

Date: 21.06.2019

Event title	International Yoga Day
Date	21.06.2019
Venue	Karpagam Academy of Higher Education

Brief Report:

Karpagam Academy of Higher Education, Department of Physical Education organized International Day of Yoga on 21.06.2019 at Thirumadhiram Auditorium. The training was given for four days with “mass yoga demonstration” has on common yoga protocol and we have observed the everyday regular practice and instruction given to the participants to follow regular practice at their homes. Totally 45 minutes of yoga program demonstration was done by students and faculty members every day. As per the prayer song and common yoga protocol we started at 7.00 am in the morning on 21st June 2019. The Director of Physical education, Dr.S.Suthakar welcomed the delicate and the participants. Vice-Chancellor, Dr. S, Sudalaimuthu, Presided over the function and narrated the values of yoga and the important area of yoga to the students. He instructed to do yoga regularly in the morning. DrR.Sundarajan, Registrar inaugurated this International Day of Yoga function, all the participants did the yoga under instruction given by the yoga specialist Dr. S.Suthakar. The presentation was well attended by 2400 students and good manner of teaching faculty. The protocol was followed as per the instruction given by the Ministry of AUSH, Government of India and University Grand Commission.





To

The Head (I/c),

Department of Physical Education,

Karpagam Academy of Higher Education,

Coimbatore- 641

Thro: The Dean,

Faculty of Arts, Science and Humanities

Sir,

Sub: Permission to Conduct International Day of Yoga - Approval - reg.

Ref: Your letter dated 08.06.2019


With reference to your letter cited, I am by direction to inform you that permission is granted to the department of Physical Education to conduct International Day of Yoga on 21.06.2019 at our campus.

A sum of Rs 3,450 /- has been sanctioned for the same.


REGISTRAR

Copy to

1. The Vice-Chancellor's table
2. The Director, IQAC
3. Accounts' Department (Original sanction letter is enclosed)


13/6/19


13/6/19



KARPAGAM ACADEMY OF HIGHER EDUCATION

(Deemed to be University)

(Established Under Section 3 of UGC Act, 1956)

Pollachi Main Road, Eachanari Post, Coimbatore - 641 021, Tamil Nadu, India.

Phone : 0422 - 2980011 - 15 | Fax : 0422 - 2980022-23 | Email : info@karpagam.com

No: KAHE/R-Acad/E1/Yoga Day/2019/

18.06.2019

CIRCULAR

I am by direction to inform you that it is proposed to celebrate International Yoga Day on 21st June 2019 at Sekkizhar Auditorium from 10.00 am to 11.30am. The students will be given training to practice yoga from 19.06.2019 to 20.06.2019 after 3.00 p.m. In this connection, the heads of the departments are requested to send 15 boys & 15 girls students along with staff members to the Sekkizhar Auditorium 30 minutes before the schedule time on the above mentioned dates.

Instructions to the nominated students:

1. Comfortable white Chudithar dress on 21.06.2019 for girls.
2. Comfortable black pant or track & white T-shirt with collar (half hand) on 21.06.2019 for boys.
3. The nominated students are instructed to bring the Blanket (Green color)-3X6 feet from 19.06.2019 to 21.06.2019.
4. Each department need to send 15 boys & 15 girls totally 30 students.
5. Each department must send one faculty with their students. They need to stay with their students till end of the yoga class.

To

All the Deans & Heads of the Departments
Faculty of Arts, Science & Humanities / Engineering/ Architecture /
Pharmacy


REGISTRAR

Copy to

1. The President's Table
2. The Vice-President's Table
3. The CEO's Table
4. The Chancellor's Table
5. The Vice-Chancellor's Table
6. Accounts Department
7. The Director - IQAC.

Web : www.kahedu.edu.in



KARPAGAM ACADEMY OF HIGHER EDUCATION

(Deemed to be University)

Established Under Section 3 of UGC Act 1956

Coimbatore- 641021.

Cordially invites you for the Inauguration of the

INTERNATIONAL DAY OF YOGA

on 21st June 2019 at 7.00 am in Thirumadhiram Auditorium

Dr. S. Sudalaimuthu

Vice Chancellor

Presides

Dr. R.Sundararajan

Registrar

Inaugurates

Convener

Dr.S.Suthakar

Director of Physical Education,
Karpagam Academy of Higher Education

5.1.3 Life skills (Physical fitness)

Physical Fitness

Institution is having Gymnasium which is equipped with cardio equipments like, Treadmill, Bicycle ergo meter; strengthen equipments like, bench press machine, shoulder press machine. It has 6 station multi gym. Gym is open in the morning and evening hours. Physical Director motivates the students to maintain their physical fitness for **mental health** and to have better performance in academics and sports.

Fitness Centre

S.No	Play Ground(s)	Established Year	Measurement including free Zone	Capacity
1	Fitness Centre	2011	Length 40m X width 70 m	250 Students



Fitness Centre



Gym Practice Attendance Report

S.No	Year	Month	Total Strength
1	2015	July	43
		August	31
		September	89
		October	77
		November	42
		December	90
2	2016	January	83
		February	55
		March	58
		April	43
		May	32
3	2016	June	45
		July	60
		August	53
		September	68
		October	65
		November	45
		December	33
4	2017	January	42
		February	79
		March	63
		April	92
		May	89
5	2017	June	65
		July	46
		August	65

		September	75
		October	52
		November	43
		December	76
6	2018	January	49
		February	70
		March	72
		April	45
		May	45
7	2018	June	52
		July	61
		August	55
		September	69
		October	48
		November	61
		December	56
8	2019	January	55
		February	43
		March	49
		April	68
		May	32
9	2019	June	49
		July	70
		August	110
		September	88
		October	65
		November	56
		December	47
10	2020	January	79
		February	60
		March	30
		April	Nil
		May	Nil

Year	Total No of students
2015-16	643
2016-17	734
2017-18	703
2018-19	649
2019-20	654
Total	3383

Note: A separate log register is maintained in the fitness centre. A sample copy of attendance sheet is attached for each year.

KARPAGAM ACADEMY OF HIGHER EDUCATION DEPARTMENT OF PHYSICAL EDUCATION

FITNESS CENTER DAILY REGISTER

28/1/2020

S.No.	Name of the Student	Department	Register No.	In Time	Signature	Out Time	Signature
60	T. Muthamil	MCA	19LCAP018	6.20	T. Muthamil	7.40	T. Muthamil
61	R. Jaganathan	MCA	19LCAP010	"	R. Jaganathan	7.40	R. Jaganathan
62	T. Kishore	MCA	19LCAP012	"	T. Kishore	7.40	T. Kishore
63	Valley Ball Team (17016)	Valley Ball	18MBAD022	6.25	V. Muthamil		
79	U	U	U	U	V. Muthamil	7.00	V. Muthamil
80	Renu	BSc CSE		6.25		8.00	Muthamil
81	Vanhi	BSc CS		6.30		8.00	U
82	G. Sathish	B.COM	19CMU168	6.55	G. Sathish	7.10	G. Sathish
83	P. Balakumar	BSC (Chem)	19CHU008	6.55	P. Balakumar	7.10	P. Balakumar
(29-1-2020)							
1	K. Raju Guntam	BME	18BEME001	6.55	K. Raju Guntam	7.30	K. Raju Guntam
2	P. Jayaraman	nech	18BEME005	6.11	P. Jayaraman	7.30	P. Jayaraman
3	M. K. Selva Kumar	BEE	18BEE0012	6.05	M. K. Selva Kumar	7.30	M. K. Selva Kumar
4	Praveen	Civil	18BCE007	"	Praveen	7.30	Praveen
5	P. Ragu Thiruvethi	CSE	18BCE0034	"	P. Ragu Thiruvethi	7.30	P. Ragu Thiruvethi
6	C. Ravi	CSE	18BCE001	"	C. Ravi	7.30	C. Ravi
7	Muthu	Bio	18BTBT014	"	Muthu	7.30	Muthu
8	K. Sathish	neech	18BEME0029	"	K. Sathish	7.30	K. Sathish
9	Siva	MBA	19MBAD057	"	Siva	7.40	Siva
10	R. Anitha	B. Pharm	19BPU000	"	R. Anitha	7.40	R. Anitha
11	M. Aravind	B. Pharm	19BPU000	"	M. Aravind	7.40	M. Aravind
12	Sathish	B. Pharm	19BPU001	"	Sathish	7.10	Sathish
13	K. K. Praveen	Kabaddi	19BPU001	"	K. K. Praveen	7.10	K. K. Praveen
14	S. V. Pandi Durai	Kabaddi	19BPU001	"	S. V. Pandi Durai	7.10	S. V. Pandi Durai
15	M. Siva	Kabaddi	19BPU001	"	M. Siva	7.15	M. Siva
16	R. Sathish	B.Sc. Microbiology	19BPU001	"	R. Sathish	7.10	R. Sathish
17	M. Sankar	BBA	19BAU052	"	M. Sankar	7.10	M. Sankar
18	U. Sathish	B.Sc. (Phy)	19BPU039	"	U. Sathish	7.10	U. Sathish
19	T. Vignesh	Kabaddi	(201027)	6.45	T. Vignesh	7.30	T. Vignesh
20	M. Siva	Kabaddi	(201027)	6.45	M. Siva	7.30	M. Siva
21	R. Jaganathan	MCA	19LCAP010	6.45	R. Jaganathan	7.30	R. Jaganathan
22	P. Aravind	MCA	19LCAP002	6.45	P. Aravind	7.30	P. Aravind
23	S. Kanyarasa	M.Sc. CSE	19CHU0030	6.30	S. Kanyarasa	7.30	S. Kanyarasa
24	B. Sathish	B.Sc. (SCC)	19CHU005	6.30	B. Sathish	7.30	B. Sathish
25	C. Sathish	B.Sc.	19CSU009	6.30	C. Sathish	7.30	C. Sathish
26	A. D. Sathish	B.Sc.	19BPU005	6.30	A. D. Sathish	"	A. D. Sathish
27	Varatha Rajan	Bio Tech	19BTBT035	6.30	Varatha Rajan	"	Varatha Rajan
28	Sathish	"	19BTBT012	6.35	Sathish	"	Sathish
29	A. Sathish	B.E. CSE	19BEE0005	6.35	A. Sathish	7.35	A. Sathish
30	C. Vignesh	M.Sc. Math	19MUP023	6.30	C. Vignesh	7.35	C. Vignesh
31	K. Sathish	"	19MUP001	"	K. Sathish	7.35	K. Sathish
32	T. Sathish	B.E. CSE	19BEE0019	"	T. Sathish	"	T. Sathish

Sports day 28/1/2020

KARPAGAM ACADEMY OF HIGHER EDUCATION DEPARTMENT OF PHYSICAL EDUCATION

FITNESS CENTER DAILY REGISTER

28/8/2018

S.No.	Name of the Student	Department	Register No.	In Time	Signature	Out Time	Signature
42	S. Subash Chandrasekar	Peonage	16CUD01	4:00	[Signature]		
43	Naveetha R	B.A.	17GAU025	4:00	[Signature]	5:00	[Signature]
44	P. Arun Kumar Pandi	B.Sc. (Maths)	17MMU004	4:00	[Signature]		
45	P. Taseeraj	M.Sc. Physics	17PHD012	4:00	[Signature]	5:00	[Signature]
46	M.R. Swami Sundar	B.Sc. (Maths)	17MMU059	4:00	[Signature]		
47	P. Rethika	M.Com (CA)	17CCP015	4:30	[Signature]	6:00	[Signature]
48	P.K. Rajitha	"	17CCP011	"	[Signature]	"	[Signature]
49	E. Hariprasad	BBA	16BBAU014	4:45 PM	[Signature]		
50	Siva	B.Com.	16CAU005	4:30	[Signature]	7:15	[Signature]
51	A. KARTHIKEYAN	B. PHARM IV	15PYU023	5:10	[Signature]	6:10	[Signature]
52	T. Lakshmi	B. Pharm II	17PYU012	5:10	[Signature]	6:10	[Signature]
53	R. Rajitha	B.E.	16BEEU008	5:45	[Signature]	6:45	[Signature]
54	Mina	B.Sc. Chem	17CHU009	5:45	[Signature]	7:25	[Signature]
55	P. Harish	Med	16BEME020	5:10	[Signature]	6:35	[Signature]
56	A.S. Arish Mon	Mech	16BEME006	5:10	[Signature]		
57	Harish	Mech	16BEME051	5:10	[Signature]	6:35	[Signature]
58	G. Vignesh	M.Sc. Maths	17MMS005	6:15	[Signature]	7:30	[Signature]
59	G. Vignesh	M.Sc. (CS)	17CSU005	6:45	[Signature]	7:30	[Signature]
60	M. Manikandan	BBA	17BBAU018	6:45	[Signature]	7:30	[Signature]
61	G. Arin Kumar	B.N. (Maths)	16NMU001	6:45	[Signature]	7:35	[Signature]
62	Cricquet Team			6:50	[Signature]	7:10	[Signature]
63	N. Subhargan	Mech	16BEME047	6:30	[Signature]	6:50	[Signature]
64	V. A. HARIPRASAD HARAS	Mech	16BEME030	6:30	[Signature]	6:50	[Signature]
65	Arin Kumar	B.Sc.	17ELU078	6:00	[Signature]		
66	A. Gnanapavan	P. Tech	15PTU0008	6:30	[Signature]	7:00	[Signature]
67	A. Suresh Kumar	Mech	15BEME008	"	[Signature]	"	[Signature]
68	J. Githan Praveen	E.C.	16ELU011	6:55	[Signature]		
69	A. Suresh Kumar	B.Com. C.A	16CCU015	6:55	[Signature]		[Signature]
70	A. Aravind	B.Com.	16CCU009	6:55	[Signature]		[Signature]
71	T. Mahesh	B.Sc. (S)	17CSU009	"	[Signature]		[Signature]
72	S. Santhosh	Mech	17BEME003	"	[Signature]		[Signature]
73	P. Suresh Kumar	B. Com. PA	18PAU033	6:55	[Signature]		
74	BONNIE C. THOMAS	Mech	16BEME030	6:55	[Signature]	7:20	[Signature]
75	M. KARTIKEYAN	B.Sc. Chem	17CHU010	6:55	[Signature]		
76	Vignesh	B.Sc. Chem	17CHU070	6:55	[Signature]		
77	M. Vignesh	B.E.	16BEEU008	6:55	[Signature]		
78	S. SURESH KUMAR	B.Sc. (S)	17CSU009	6:55	[Signature]		
79	R. Githan Praveen	Food Tech	17FTHU004	6:57	[Signature]		
80	S. Githan Praveen	B.Sc. Chem	17CHU004	6:58	[Signature]		
81	S. P. VISOOTHANAN	B.Com.	17CCU007	6:58	[Signature]		[Signature]

KARPAGAM UNIVERSITY DEPARTMENT OF PHYSICAL EDUCATION

FITNESS CENTER DAILY REGISTER

20/7/2017

S.No.	Name of the Student	Department	Register No	In Time	Signature	Out Time	Signature
42	P. Anumugam	B.Com CA	16CC0135	5:45	[Signature]	5:20	[Signature]
43	DINESH B	B.Com CCS	16C00006	5:10	[Signature]	6:45	[Signature]
44	C. Siva	B.A	16CA0045	5:10	[Signature]	6:45	[Signature]
45	Soomeis	B.Tech Chemical	16RBCE016	5:11	[Signature]	6:30	[Signature]
46	M. Subash	BE Civil	16LBCE013	5:11	[Signature]	6:45	[Signature]
47	S. Saleem	B.Tech	17KBT017	5:11	[Signature]	6:45	[Signature]
48	F.R. Raghu	BE Civil	15RBCE043	5:11	[Signature]	6:45	[Signature]
49	Thulas Krishna	B.Tech		5:15	[Signature]	6:30	[Signature]
50	Shibin Venghara	B.Tech	16RBCE014	5:15	[Signature]	6:30	[Signature]
51	K.T. Nandha kishore	BBA	15BAU024	5:20	[Signature]	7:25	[Signature]
52	A. Manoj	M.B	15MRU022	5:20	[Signature]	7:25	[Signature]
53	Ashok R.	che	15CHE043	5:20	[Signature]	7:25	[Signature]
54	K. NAVEEN	BE CIVIL	16LBCE011	5:20	[Signature]	6:45	[Signature]
55	V. V. Venghara	BE Civil	15RBCE052	5:20	[Signature]	6:45	[Signature]
56	C. Pradeep	Mech	14RBCE010	5:30	[Signature]	6:45	[Signature]
57	S. Viji	Bec - eg	16CBU112	5:45	[Signature]	7:00	[Signature]
58	G. Sumil	B.Sc. CS	16CSU015	5:45	[Signature]	7:20	[Signature]
59	T. Dinesh Kumar	C.Sci	16BSC027	5:45	[Signature]	6:50	[Signature]
54	A. S. Arjun Man	Mech	14RBCE006	5:45	[Signature]	6:30	[Signature]
55	A. Anirudh	Phy	15PHY007	"	[Signature]	7:20	[Signature]
56	Abdul Kabir	BBA	15BAU001	"	[Signature]	7:20	[Signature]
57	Karthi	che	15CHE043	"	[Signature]	7:20	[Signature]
58	S. Sri Arun	Mech	14RBCE013	6:00	[Signature]	7:00	[Signature]
59	Thayalan	"	" 137	"	[Signature]	7:00	[Signature]
60	Sathesh	"	15LBCE036	"	[Signature]	7:00	[Signature]
61	P. Teja	B.Arch	15RBCE024	"	[Signature]	7:00	[Signature]
62	Pradeep	"	" 34	"	[Signature]	7:00	[Signature]
63	D. PARTHIBAN	"	15RBCE019	"	[Signature]	6:40	[Signature]
64	A. AMRUTHIEV.	MECH.	15LBCE022	6:15	[Signature]	7:25	[Signature]
65	A. Srikhar	Civil	14RBCE091	6:15	[Signature]	7:25	[Signature]
66	M. Rajesh kanna	MECHDA	14RBCE016	"	[Signature]	7:15	[Signature]
67	V. Logeshwaran	"	14RBCE080	"	[Signature]	"	[Signature]
68	C. S. Prachan	"	" 186	"	[Signature]	7:15	[Signature]
69	S. prabhakar	"	"	"	[Signature]	"	[Signature]
21/7/2017							
1	B. Jambhavan	ECE	16RBCE008	6:15	[Signature]	7:15	[Signature]
2	A. Lalitha Mukesh	Staff	KU1158	6:15	[Signature]	7:10	[Signature]
3	R. Jayarajya	MCA	16CCAP013	6:15	[Signature]	7:10	[Signature]
4	Mohamed Minnu	BPE		6:25	[Signature]	7:25	[Signature]
5	M. Muthu sathin	BE mech	15RBCE066	6:25	[Signature]	7:25	[Signature]
6	R. Vijay	BE mech	15RBCE018	6:25	[Signature]	7:35	[Signature]

KARPAGAM UNIVERSITY DEPARTMENT OF PHYSICAL EDUCATION

FITNESS CENTER DAILY REGISTER

10/2/2016 morning

S.No.	Name of the Student	Department	Register No	In Time	Signature	Out Time	Signature
1)	G. Pavith	B.Sc (Physics)	14PHU008	4.45	G.P.	7.15	G.P.
2.	A. Anand Raj	B Arch	13RBARD07	4.45	A.Raj	7.00	A.Raj
3.	N.M.D. Yaseen	B.SCCCS	14CSU026	4.45	Yg	7.10	Yg
4)	S. Srikanth	"	14LVS037	"	S.S.	7.10	S.S.
5)	S. Sri Abin	Mech.	14RBEME035	"	S.	5.45	S.
6	M. Bharanikrishnan	B.Sc Maths	15MMU004	5.20	M.B.	6.25	M.B.
7	G. Vignesh	B.Sc Maths	15MMU056	5.20	G.V.	6.25	G.V.
8	Tibinisa Chacko	B.E.CEE	13RBECF009	5.30	T.	7.10	T.
9	Ajay Shankar	B.E.CEE	13RBECF007	"	A.	"	A.
10.	VINOTH - 2	CS	13CSU049	"	V.	7.00	V.
11	A. Vigneshwaran	Civil	12RBECF078	"	A.	"	A.
12	Sourya Mandal	"	11 OF0	"	S.	6.45	S.
13	V. Dinesh	B.Com (CA)	13CCU007	"	V.	6.45	V.
14	Athul	CSE	13RBECSE011	"	A.	6.45	A.
15	S. Sathesh	EE	14PBEE010	5.45	S.		S.
16	M. Vishnu Varathan	mech	14RBEME150	6.00	M.	7.00	M.
17	V. Prayith Kumar	"	14RBEME110	"	V.	7.20	V.
18	Simran	Mech	15RBEME061	"	S.	7.20	S.
19.	P. Parthiban	B.Com (CA)	14CCU058	6.00	P.	7.00	P.
20	PK Ajith	B.Com (CA)	14CCU062	"	P.	7.10	P.
21.	Rashmi	B.Arch	14KBA001	6.15	R.	7.05	R.
22.	V. Sakthivel	Mech	15ICAP021	6.15	V.	7.00	V.
23	T. Jeyaraj	M.A	15ICAP010	"	T.	7.00	T.
24.	V. Pradeep Kumar	B.E. MECH.	12RBEME098	6.30	V.	7.10	V.
25.	K. Chinna Durai	B.A	13CHU007	6.30	K.	7.00	K.

No of students morning - 16 Evening - 35 Total - 41

11/2/2016 morning

1)	Anandhi - A	M.Sc. Phy	15PHPC01	6.30	A.		A.
2)	Vincent P	"	15PHPC008	"	V.	7.20	V.
3	Sandeep P.K.N	M.Sc. Maths	15MMF012	"	S.	"	S.
4	Anjan. R	M.Sc Physics	15PHPC002	"	A.	"	A.
5	R. Vivek	mechanical	14ECU001/BPTC	6.30	R.	7.15	R.
6.	M. Theivendran	Civil	Lecturer / KPTC	6.30	M.	7.15	M.
7.	M. Vishnu Varathan	mech	14RBEME150	6.35	M.	7.15	M.
8.	S. ASAY SHANKAR	BE-CSE	13RBECSE004	6.35	S.	7.10	S.
9	M. Sanjiv	Mech	12RBEME120	6.45	M.	7.10	M.
10.	G. Sangeetha	B.SCCS	13CSU087	6.50	G.	7.32	G.
11	S. Hariprasath	B.Sc chemistry	14CHU007	6.50 AM	S.	7.25 AM	S.
12	S. Jayachandran	Mech	14RBEME061	6.50	S.	7.30	S.
13	K. Jeyaraj	Mech	13RBEME060	6.50	K.	7.30	K.
14.	P. Parthiban	B.Com (CA)	14CCU058	6.55	P.	7.20	P.

KARPAGAM UNIVERSITY DEPARTMENT OF PHYSICAL EDUCATION

1-7-2015 Evening

FITNESS CENTER DAILY REGISTER

S.No.	Name of the Student	Department	Register No	In Time	Signature	Out Time	Signature
1	G. Kanagaraj	Civil	12RBCE007	4:30	G. Kanagaraj	5:30	G. Kanagaraj
2	J. ISHAN	Civil	12RBCE025	4:30	J. ISHAN	5:30	J. ISHAN
3	A. ANAND RAJ	B.Arch	13RBAR007	4:45	A. Anand Raj	5:45	A. Anand Raj
4	B. ARUNJONAI VELURAJ	B.Com	14CMU004	4:45	B. Arunjonai Veluraj	5:30	B. Arunjonai Veluraj
5	R. KATHIRESAN	B.Sc (Bio-Tech)	14RTU014	4:45	R. Kathiresan	6:10	R. Kathiresan
6	G. PAVITH	B.Sc (PHYSICS)	14PHU029	4:45	G. Pavith	6:10	G. Pavith
7	M. Renjith	B.E (MECH)	12RBEME124	4:45	M. Renjith	5:31	M. Renjith
8	K. Chinnadurai	B.A	13AU007	4:50	K. Chinnadurai	7:00	K. Chinnadurai
9	P. Subhasthan	AUTO	12RBEE030	5:00	P. Subhasthan	6:35	P. Subhasthan
10	A. Ram Kumar	MECH	12RBEME018	5:00	A. Ram Kumar	6:35	A. Ram Kumar
11	ATHUL PRASANNAN	CSE	13RBCE011	5:25	ATHUL PRASANNAN	6:35	ATHUL PRASANNAN
12	S. AJAY SHANKAR	CSE	13RBCE004	5:25	S. AJAY SHANKAR	6:35	S. AJAY SHANKAR
13	S. R. Praveen	EEE	10RBEEE018	5:25	S. R. Praveen	6:40	S. R. Praveen
14	S. Sivakumar	Engg Design	USU	5:25	S. Sivakumar	6:10	S. Sivakumar
15	A. V. Madhan	Mech	12RBEME069	6:25	A. V. Madhan	6:35	A. V. Madhan
16	N. N. S.	Aero	14RBEP006	5:25	N. N. S.	6:25	N. N. S.
17	D. N. S.	B.Com - CA	13CU007	"	D. N. S.	6:35	D. N. S.
18	S. Vineth	CS.	13CS004	"	S. Vineth	"	S. Vineth
19	Anandam	mech	13RBEME012	5:30	Anandam	6:47	Anandam
20	Vishnu A. S.	MECH	12RBEME175	5:30	Vishnu A. S.	6:43	Vishnu A. S.
21	T. Sakya	Aero	12RBEP012	5:30	T. Sakya		T. Sakya
22	Soumya	Civil	12RBCE070	5:30	Soumya	6:35	Soumya
23	A. Vigneshwaran	Civil	12RBCE078	5:30	A. Vigneshwaran	6:35	A. Vigneshwaran
24	G. SANJAY KUMAR	AERO	12RBEP020	5:35	G. SANJAY KUMAR	7:00	G. SANJAY KUMAR
25	N. VINOTH KUMAR	AUTO	12RBEP031	5:35	N. VINOTH KUMAR	7:00	N. VINOTH KUMAR
26	F. Balaji	ECE	14RBEECE003	5:30	F. Balaji	7:00	F. Balaji
27	M. Bharathu	Auto	12RBEP007	5:45	M. Bharathu	6:25	M. Bharathu
28	K. Sini	Auto	13LBEP020	"	K. Sini	6:35	K. Sini
29	N. G. ARISTHANAND	B.Arch.	13RBAR008	6:30	N. G. ARISTHANAND	5:45	N. G. ARISTHANAND
30	M. Ram Raj	MECH	12RBEME120	6:30	M. Ram Raj	6:45	M. Ram Raj
31	C. Peter Rajesh	Mech	12RBEME020	6:30	C. Peter Rajesh	"	C. Peter Rajesh
32	J. Arch. A.C	Civil	13RBCE021	5:45	J. Arch. A.C	7:15	J. Arch. A.C
33	AKASHANAND S	Mech	13RBEME006	5:45	AKASHANAND S	7:30	AKASHANAND S
34	ARUN. M.S.	Mech	13RBEME007	5:45	ARUN. M.S.	7	ARUN. M.S.
35	SVAM PRASAD	mech	13RBEME148	5:45	SVAM PRASAD	7	SVAM PRASAD
36	Govind. Shah	mech	14LBCEME008	5:45	Govind. Shah	7:15	Govind. Shah
37	P. Chandra Prakash	B.Arch.	14RBAR040	"	P. Chandra Prakash	7:15	P. Chandra Prakash
38	P. Raju	B.Arch.	" 4001	"	P. Raju	7:15	P. Raju
39	S. Latha	Civil	14RBCE053	5:50	S. Latha	6:20	S. Latha
40	B. Thamarai Kannan	Civil	" 096	5:50	B. Thamarai Kannan	6:20	B. Thamarai Kannan
41	M. Akash	EEE	14RBEEE001	5:50	M. Akash	7:25	M. Akash

5.1.3 Life skills (Health Centre)

Institution is having a health centre with resident medical officer and staff nurse to take care of immediate medical attention. Ambulance attached to the health centre is available for 24 hours to transport the patient. The institution is having a tie-up with MCI approved Karpagam medical college hospital which is located 3 kilometers from the campus.

Free general medical health check-up is provided to all the students and staff every year. All the students and their parents are covered by the Group Personal Accident Insurance. Under this policy, student who is suffered by an accident can claim for medical benefit of Rs.50, 000.

Health Centre Attendance Report

Month	2015-16-	2016-17	2017-18	2018-19	2019-20
June	24	42	27	36	45
July	72	70	69	79	102
August	165	162	147	165	145
September	157	145	145	243	345
October	135	174	189	124	154
November	124	165	190	135	130
December	99	125	154	187	98
January	121	147	201	154	135

February	124	175	123	132	124
March	135	144	178	157	102
April	165	132	132	125	78
Total	1321	1481	1555	1537	1458
Grand Total : 7352					

Photos (Health check up)



