

**GCTAA SPONSORED
SEMINAR ON "MENTAL HEALTH IN
YOUTH"**

BY

**DR.G.RAGHUTHAMAN,
PSYCHIATRIST,**

**PSG INSTITUTE OF MEDICAL
SCIENCES**

VENUE: PRODUCTION SEMINAR HALL

DATE: 19.07.2018

**COORDINATOR: DR. P.ILAMATHI,
APPE**

GOVERNMENT COLLEGE OF TECHNOLOGY, COIMBATORE-13

CIRCULAR

16.07.2018

A talk on the topic "Mental Health on Youth" by Dr. G. Raghuthaman, Psychiatrist, PSG Institute of Medical Sciences & Research is organized for the faculty members on 19.07.2018 at 3.00 PM at Production Seminar Hall. Hence, all the faculty members are requested to attend the session without fail.

Copy to

1. All the HODs
2. Dr.P.Ilamathi, APPE – To coordinate

Dr. P. Ilamathi
for. na
S.M. 18/7/18

P. Th
PRINCIPAL 16/7/18

Principal
Government College of Technology
Coimbatore -641 013.

Dr. G. RAGHUTHAMAN DPM MD (Psych) DNB is currently working as Professor & Head, Department of Psychiatry at PSG Institute of Medical Sciences & Research.

He has completed his M.B.,B.S. degree at Coimbatore Medical College in the year (1992) and did the Diploma in Psychological Medicine (DPM) at Christian Medical College, Vellore in the year (1995)

Then, he completed the masters degree M.D. (Psychiatry) at Christian Medical College, Vellore (1999)

Then he has been awarded the degree of Diplomate of the National Board (Psychiatry) (2001)

He has been awarded the Certificate of Completion of Specialist Training (CSST), by The Specialist Training Authority of the Medical Royal College (UK) (2004)

He has joined in psychiatry department of PSG Institute of Medical Sciences & Research in 2000.

He also served as Consultant Psychiatrist at National Health Service UK from 2004 to 2008.

He published 14 research papers in various national and international journals and also presented 9 papers in various research conferences.

He is the Fellow member of Indian Psychiatry Society (FIPS)

Government College of Technology, Coimbatore
Lecture on "Mental Health in Youth"

Date: 19/07/2018

Venue: Production Seminar Hall

Participants List

Name	Designation	Department	Signature
Dr. P. THAMARAI	Principal		P. Thamarai 17/18
Dr. M. NATARAJ	Vice-Principal	Mech. Engg.	M. Nataraj
Dr. D. PADMINI	ASST. PROF (CIVIL)	CIVIL Engg.	D. Padmini
Dr. R. SHANMUGAKRISHNAN	Professor	ECE	R. Shanmugakrishnan
Dr. Meena Srinivasan	Asst. Prof	ECE	Meena Srinivasan
Dr. C. SANTHI	Assoc. Prof	ECE	C. Santhi
Dr. R. THENMOZH	ASST. Prof	CIVIL	R. Thenmozhi
Dr. O. SARANIYA	Asst. prof	ECE	O. Saraniya
R. RAJENDRAN	ASST. Prof	MATHEMATICS	R. Rajendran
Dr. N. SURIYA ANANDYAN	ASST. Prof	PHYSICS	N. Suriya Anandyan
Dr. C. NEELARAJ	Asst. Prof.	Civil Engineering	C. Neelaraj
S. MATHIVANAN	ASST. Prof.	ECE	S. Mathivanan
P. ASAGIJEETHAN	ASST. Prof	MATHEMATICS	P. Asagi Jeethan
Dr. M. Muthuchelvan	Asst. Prof	Mathematics	M. Muthuchelvan
M. SAKTHIVEL	ASST. Prof.	Chemistry	M. Sakthivel
P. N. KANNAN	Asst. Prof	Chemistry	P. N. Kannan
Dr. L. Balakrishnan	Asst. Prof.	Physics.	L. Balakrishnan
A. SASIKUMAR	ASST. prof	Production	A. Sasikumar
N. Ajoy Manikandan	ASST. Prof	Production	N. Ajoy Manikandan
S. MAKESH KUMAR	Asst. Prof	Civil	S. Makesh Kumar
G. DHANMATHARA KANNAN	Asst. prof	Civil	G. Dhannmathara Kannan
K. RAJESHKUMAR	Asst. Prof.	Civil	K. Rajeshekumar
J. KALIDASS	Asst. Prof	IT	J. Kalidass
S. Gladson Oliver	AP	IT	S. Gladson Oliver
Joseph Mathan	AP	Maths	Joseph Mathan
C. Mari Mathu.	AP/EIE	EIE	C. Mari Mathu.

Name	Designation	Department	Signature
V. KARTHICK	ASST. PROF	IBT	
S. SRINIVASA MOORTHY	ASSOCIATE PROFESSOR	PRODUCTION	19/7/18
S. Syygappan	AP/phy.	Physical.	
S. Maruthupandi	AP/EEE	EEE	
S. KUMAR	AP/Prod	Production	
S. MURUGAN	AP/CE	CIVIL	
S. UJATHA BALARAMAN	AP/EEE	ELECTRICAL	
S. V. GOPALAKRISHNAN	PROF	EIE	
Dr. S. Gopi	Asst. Prof.	Prodn. Engg.	
J. Rekha	AP/civ	civ	
A. ANNU	AP/IBT	IBT	
Dr. R. Rajeswari	AP/EEE	EEE	
P. SARANYA	AP/IBT	IBT	
G. R. RADHIKA	AP/EIE	EIE	
Dr. C. SIVASANKARI	AP/Chem	chemistry	19/7/18
M. N. Priyadharsini	AP/IBT	IBT	
M. Marynisha Pauline	AP/IBT	IBT	
Dr. K. RANJITH KUMAR	AP/EE	EEE	
Dr. S. RATHI	AP(CSG)/CE	CE	19/7/18
R. BHUVANESWAR	AP/CE	Civil Engg.	19/7/18
Dr. N. NARMADHAI	AP/EE	EEE	19/7/18
E. JAYTA MERCY	Asst. Prof/EEE	EEE	
A. S. WINCY ROSANNA	AP/EE	EEE	
M. RAMA	AP/CIVIL	CIVIL	
B. Achamma	AP/EIE	EIE	
A. SULTANA	AP/EIE	EIE	
Dr. P. Deepa	AP/EE	EE	
N. AmeenaBibi	AP/EE	ECE	
A. ANITHA	AP	ECE	

Name	Designation	Department	Signature
R. S. Chithra	APCE	CIVIL	
R. Chithra	APCE	CIVIL	
M. A. RAJESWARAN	AP/Phy	Physics	
Ravindra Devi Revathi	AP / Dhy	Physics	
S. P. Jeyapriya	AP / Civil	Civil Engg	
T. T. ALWARSAMY	PROFESSOR	MECH	
R. S. PERIYASAMY	APME	Mech	
M. T. PURUSOTHAMAN	ASS. Prof / IT	IT	
YASODA.K	AP / EEE	EEE	
K. DELVAPRIYA	AP / IBT	IBT	
S. MADHUVANTHI	AP / IBT	IBT	
M. GNANAKUMAR	AP / MATHS	Ext. Mathematics	
DR. A. Vanitha	AP / Physics	Physics	
M. BLESSY QUEEN MARY	AP / IT	IT	
N. AEEPDA	AP / Maths	Mathematics	
R. Bhavani	AP / CSE	CSE	
L. Sumathi	AP / CSE	CSE	
B. MALANKA	AP / IT	IT	
T. RAJARENBAGAM	AP / CSE	CSE	
T. C. Murali Jayan Pruthi	AP / CSE	CSE	
S. CHITRA	AP / EEE	EEE	
S. Sathyapriya	AP	CIVIL	
BHARATHI.C	AP	CIVIL	
Sathya.R	AP / English	English	
DR. S. LATHA VENKATESWART	AP / ENG	ENGLISH	
T. Suguna	AP / IT	IT	
DR. S. ANURADHA Anuradha	AP / Physics	Physics	
M. SANKAR KUMAR	AP / PE	Production	

Government College of Technology, Coimbatore

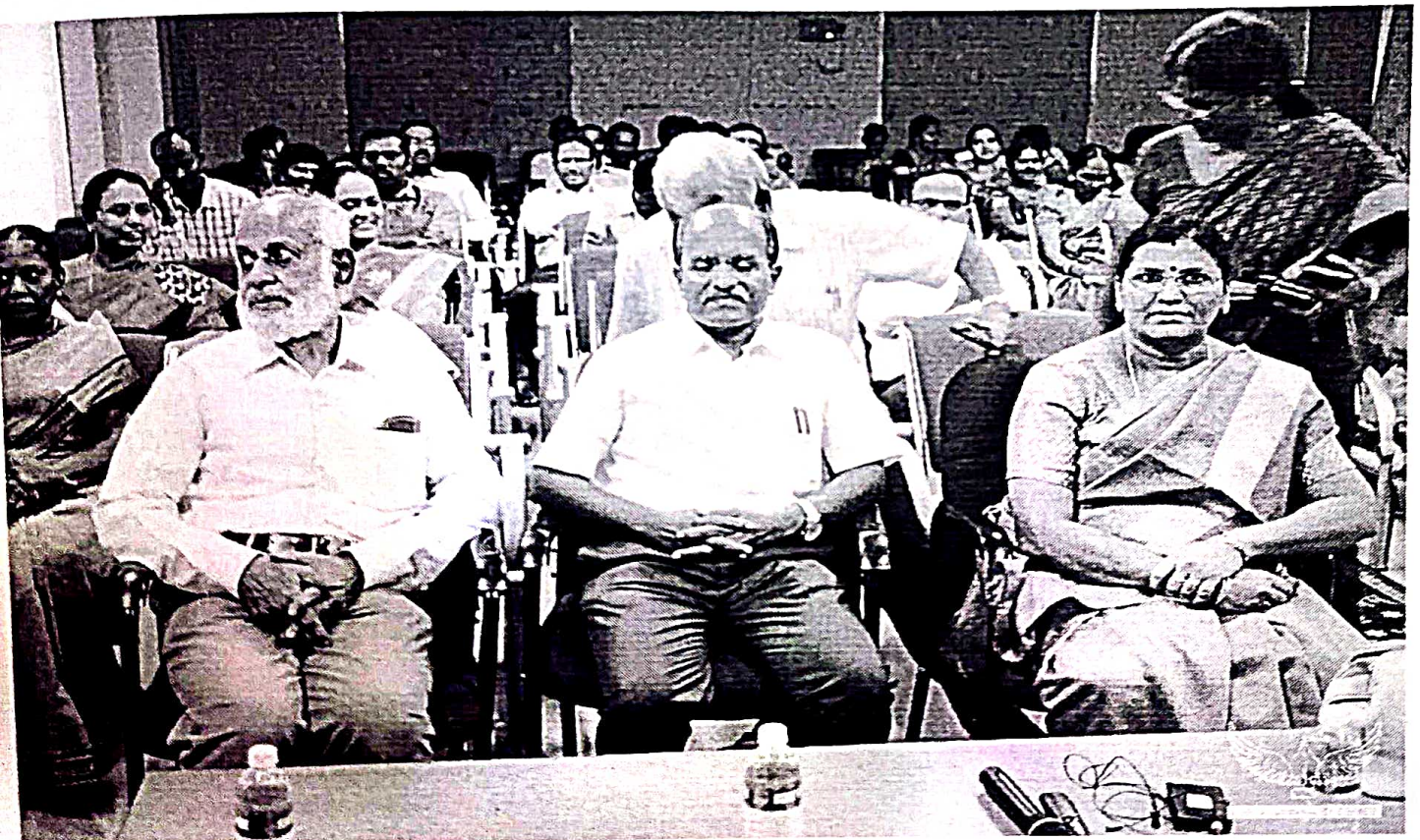
“Mental Health in Youth”

On 19.07.2018

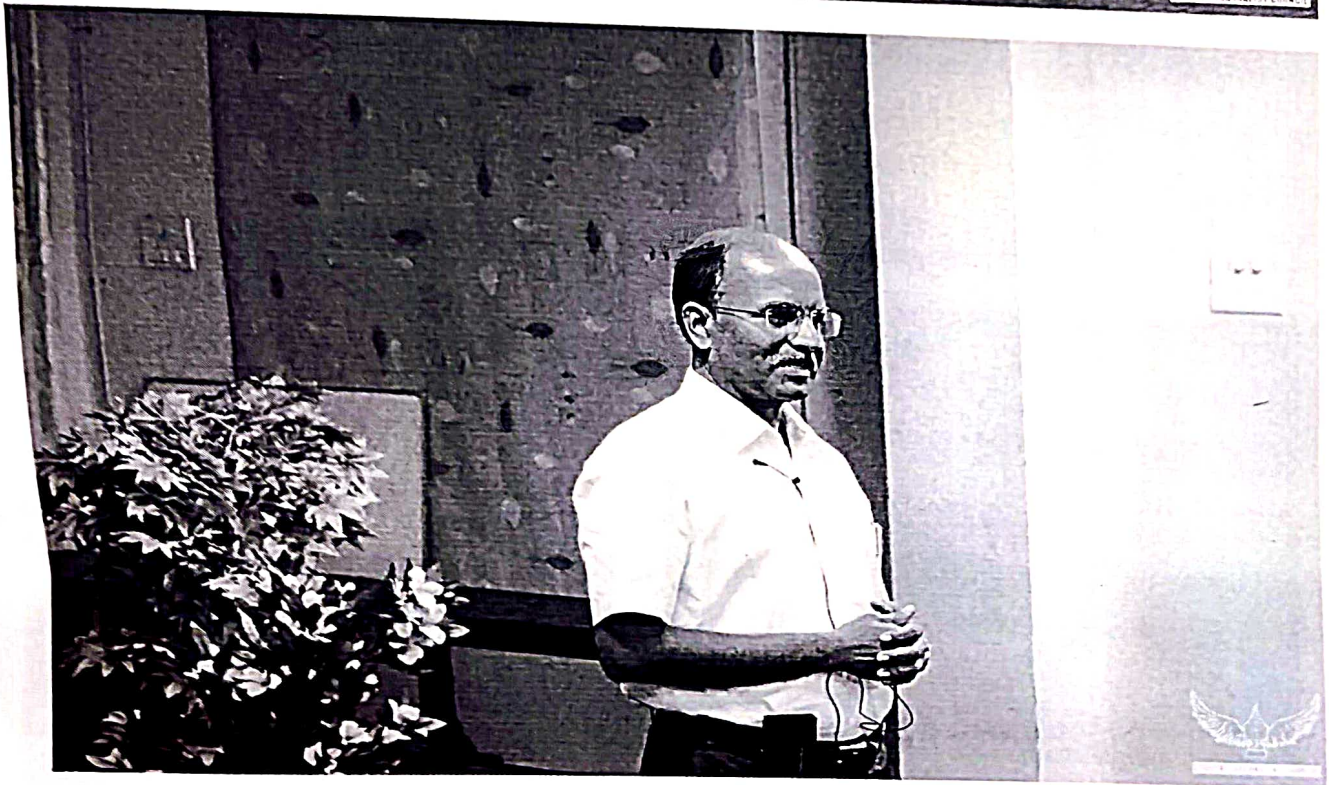
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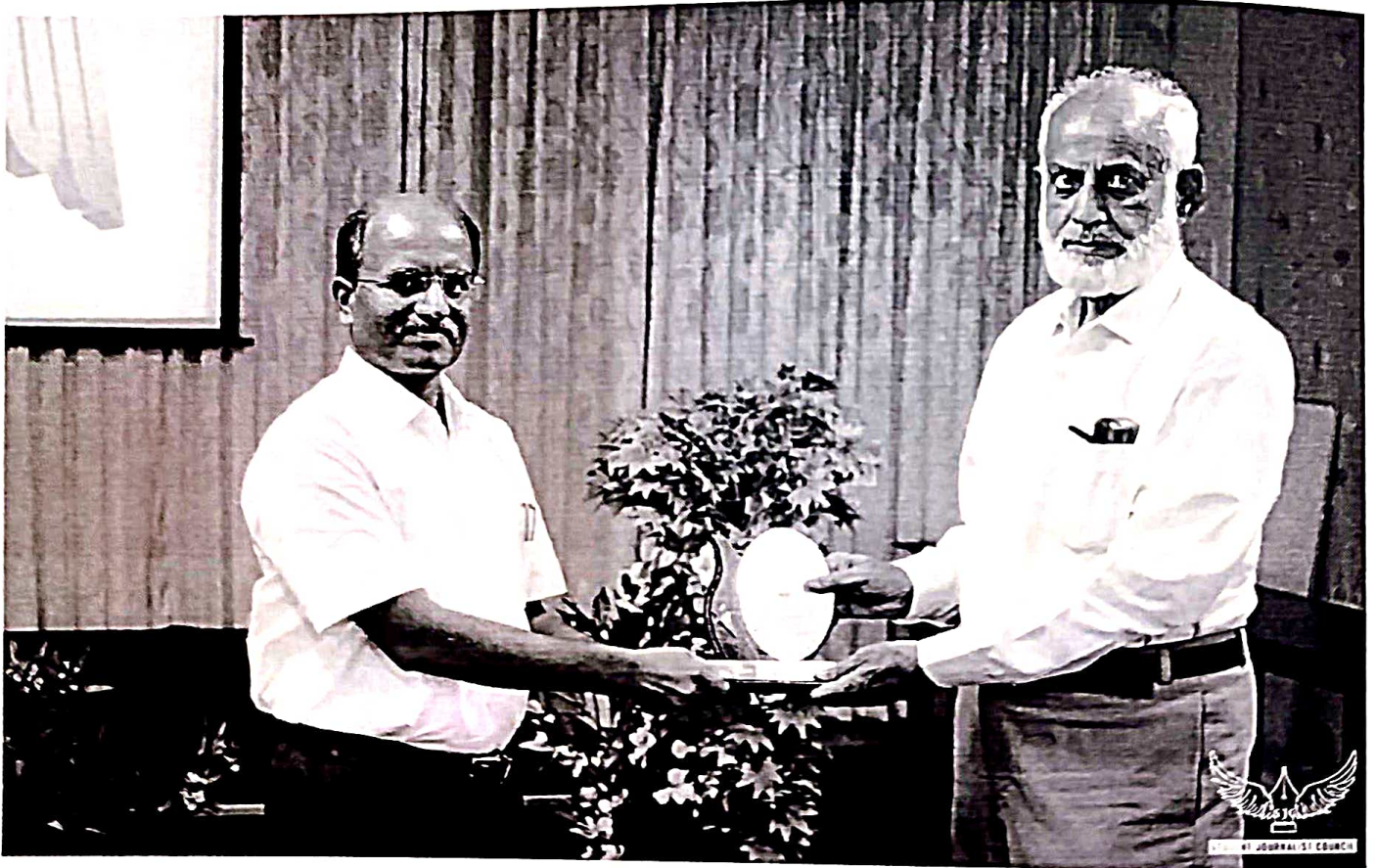
Dr.G.Raghuthaman, Phychiatrist,

PSG Institute of Medical Sciences









TEQIP

18/03/2021

Government College of Technology, Coimbatore - 641 013
Department of Civil Engineering (Environmental Engineering)
Centre of Excellence for Environmental Studies

18.03.2021

Submitted to the Principal :

The expenditure statement along with bills and vouchers in organizing TEQIP Phase - II CoE - I S sponsored Five days Workshop on "Yoga and Women's Health" from 11.03.2021 to 16.03.2021 is submitted herewith.

Expenditure Statement

Total Expenditure Rs. 24,128/-

Detailed Statement:

Sl. No.	Expenditure details	Amount in Rupees
1.	Remuneration Mrs. R. Kavitha Yoga Instructor	Rs. 15,000/-
2.	Tea & Refreshments M/s. NRSC Canteen	Rs. 4,928/-
3.	Carpet Rent M/s. Kannan Furnitures & Sounds Service	Rs. 4,200/-

Total Number of Internal Participants : 18

No registration fee was collected from Internal Participants.

The bills for the total expenditure are enclosed herewith.

M. C. Ravathi
18/3/21
Co-ordinator

(M. C. Ravathi)

J. Jayanthi
18/03/2021
Professor of Civil Engineering
(Dr. J. Jayanthi)

GOVERNMENT COLLEGE OF TECHNOLOGY
COIMBATORE -641 013
TEQIP PHASE III

Claim Form for Workshop on "Yoga and Women's Health"

TEQIP ACCOUNT HEAD : TEQIP III CoE -ES
PURPOSE : Workshop on "Yoga and Women's Health"
NAME OF THE ORGANIZING DEPARTMENT : ENVIRONMENTAL ENGINEERING
NAME OF THE COORDINATOR(S) : M.C.RAVATHI
DATE OF LECTURE : 11.03.2021
TOPIC : Yoga and Women's Health
AMOUNT : Rs. 3000/-
NAME & DESIGNATION : Mrs. R. Kavitha
Yoga Instructor
ADDRESS : Vazhga Valamudan Organisation ,Coimbatore.

DECLARATION

The claim made by me for the above purpose is correct.

R. Kavitha
NAME & SIGNATURE

Mrs. R. Kavitha

ACKNOWLEDGEMENT

Received a sum of Rs. 3000/- (Rupees Three Thousand Only)

R. Kavitha
SIGNATURE

OFFICE USE ONLY

Passed for a sum of Rs. _____ (Rupees _____) towards.

FINANCIAL NODAL OFFICER

TEQIP COORDINATOR

PRINCIPAL

GOVERNMENT COLLEGE OF TECHNOLOGY, COIMBATORE -641 013

Department of Civil (Environmental Engineering)

TEQIP PHASE III CoE – ES Sponsored

Five days Workshop on "Yoga and Women's Health"

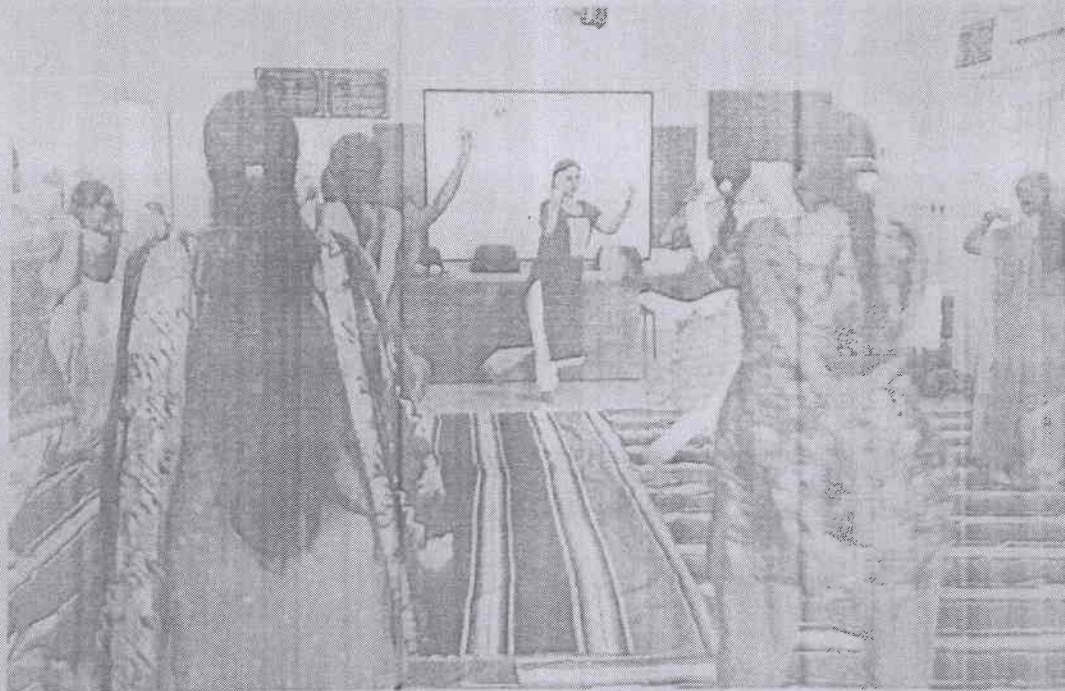
11.03.2021 to 16.03.2021

DATE	TOPIC	Resource Person
11.03.2021	Yoga and Women's Health	
12.03.2021	Simple Physical Exercises	
13.03.2021	Pranayama and its importance	Mrs. R. Kavitha Yoga Instructor Vazha Valamudan Organisation
15.03.2021	Yogasanas – Types and Significance	
16.03.2021	Mudras and Bandhas	

Althina
Co-ordinator (8/3/21)

J. J. J.
15/3/21
Professor of Civil Engineering

GOVERNMENT COLLEGE OF TECHNOLOGY, COIMBATORE -641 013
Department of Civil (Environmental Engineering)
TEQIP PHASE III CoE – ES Sponsored
Five days Workshop on "Yoga and Women's Health"
11.03.2021 to 16.03.2021



TEQIP
Permitted.

[Signature]
05/03/2021

Government College of Technology, Coimbatore,
Department of Environmental Engineering,
Centre of Excellence for Environmental Studies
05.03.2021

Submitted to the Principal:

Sub: Departmental of Environmental Engineering - Workshop on "Yoga and Women's Health" for women faculty and female PG Students under TEQIP III CoE - ES - Permission Requested - Reg.

It is proposed to organize a workshop on "Yoga and Women's Health" for the Women Faculty members and female PG Students of GCT under TEQIP III CoE - ES from 11th March 2021 to 16th March 2021 (5 days). This course focuses on the various wellness modules for women. Resource Person is a Yoga Instructor from Vazha Valamudan Organisation. The approximate expenditure for the proposed programme is Rs. 25,000/- (Rupees Twenty Five Thousand Only) for a maximum batch size of 20 Participants. It is requested that the permission may please be granted to conduct the above program under TEQIP III CoE - ES Funds.

[Signature]
5/3/2021
Professor of Civil Engineering

[Signature]
5/3/2021
APCE
Co-ordinator



M. K. K. K.
18/3/21

(Co-ordinator)

J. J. J. J.
18/3/21

Head of the Department

BASIC LIFE SUPPORT

Report on Asian record event on World First Aid Day – 10.09.2022

On the occasion of the World First Aid Day, NCC cadets of our college coordinated the Basic Life Support demonstration along with 1000 students from our college.

A world record was set by more than 5,000 school and college students in Coimbatore on Saturday 09-09-2022 on the occasion of the World First Aid Day by demonstrating basic life support and recovery positions during critical conditions. District Collector Dr.G.S Sameeran I.A.S informed 5,386 students participated from 49 different institutions from Coimbatore for The Asia Book of Records adjudged the record attempt held on the Agricultural University

Link on the coverage by District administration:
<https://coimbatore.nic.in/world-record-created-for-first-aid-awareness-on-the-occasion-of-the-world-first-aid-day-at-coimbatore/#:~:text=A%20world%20record%20was%20set,District%20Collector%20Dr.>

Our NCC Cadets at the event:



Drone Shot of the Event:



இன்று (10.09.2022) கோயம்புத்தூர், தமிழ்நாடு வேளாண்மை பல்கலைக் கழக வளாகத்தில் உலக முதல்தர தினத்தை முன்னிட்டு மாவட்ட நிர்வாகம் மற்றும் அலெக்ட் என்.ஜி.ஓ இணைந்து மாபெரும் உலக சாதனையாக 5,386 பள்ளி கல்லூரி மாணவ மாணவியர்கள் பங்கு பெற்று FIRST AID BLS என்ற வழுவில் முதல்தர தினந்வாறு விழிப்புணர்வு செய்புறைய பயிற்சியினை மேற்கொண்டனர்.

Media Coverage:



இன்று (10.09.2022) கோயம்புத்தூர், தமிழ்நாடு வேளாண்மை பல்கலைக் கழக வளாகத்தில் உலக முதல்தர தினத்தை முன்னிட்டு மாவட்ட நிர்வாகம் மற்றும் அலெக்ட் என்.ஜி.ஓ இணைந்து மாபெரும் உலக சாதனையாக 5,386 பள்ளி கல்லூரி மாணவ மாணவியர்கள் பங்கு பெற்று முதல்தர விழிப்புணர்வு செய்புறைய பயிற்சியினை மேற்கொண்டனர். அருகில் மாநகர வலய ஆணையாளர் திருவிபால்கிருஷ்ணன் இ.ஆ.ப., மாநகராட்சி ஆணையாளர் திருமுயிரதாஸ் இ.ஆ.ப., வேளாண்மை பல்கலைக்கழக துணைவேந்தர் திருமதி சீதா உட்கரி, மாவட்ட வருவாய் அலுவலர் திருமதி சீதா அபெக்சர், துணை ஆணையர் திருமதி ஷர்மிஸ்தா ஆகியோர் உள்ளனர்.



இன்று (10.09.2022) கோயம்புத்தூர், தமிழ்நாடு வேளாண்மை பல்கலைக் கழக வளாகத்தில் உலக முதல்தர தினத்தை முன்னிட்டு மாபெரும் திருவிழாக்களில் 5,386 பள்ளி கல்லூரி மாணவ மாணவியர்கள் போலந்து பொருட்களுக்கான வழிவகுப்பு செய்புறைய மாவட்ட ஆட்சித் துணைவர் டாக்டர் திருமதி சீதா அபெக்சர், துணைவேந்தர் இ.ஆ.ப., மாநகராட்சி ஆணையாளர் திருவிபால்கிருஷ்ணன் இ.ஆ.ப., மாநகராட்சி ஆணையாளர் திருமுயிரதாஸ் இ.ஆ.ப., வேளாண்மை பல்கலைக்கழக துணைவேந்தர் திருமதி சீதா உட்கரி, மாவட்ட வருவாய் அலுவலர் திருமதி சீதா அபெக்சர், துணை ஆணையர் திருமதி ஷர்மிஸ்தா ஆகியோர் உள்ளனர்.

Yoga Activity Report on International Yoga Day - 2022

Date: 21.06.2022

Location: St.Michel's Higher Secondary School, Coimbatore

Summary:

On 21.06.22, in celebration of International Yoga Day, NCC Cadets of Government College of Technology, Coimbatore organized a remarkable yoga activity at St.Michel's Higher Secondary School, Coimbatore. The event aimed to promote the practice of yoga, raise awareness about its numerous benefits, and bring together individuals from diverse backgrounds to foster unity and well-being. This report provides a comprehensive overview of the yoga activity, including the preparations, participants, activities conducted, and key outcomes achieved.

Preparations:

- Prior to the event, the organizing committee worked diligently to ensure the successful execution of the yoga activity. The preparations included:
- Selection of Venue: St.Michel's Higher Secondary School, Coimbatore was chosen that could accommodate a large number of students and provide a serene atmosphere conducive to yoga practice.
- Logistics: Arrangements for yoga mats, sound systems, seating arrangements, and other necessary equipment were made to ensure the comfort and convenience of the participants.

Activities Conducted:

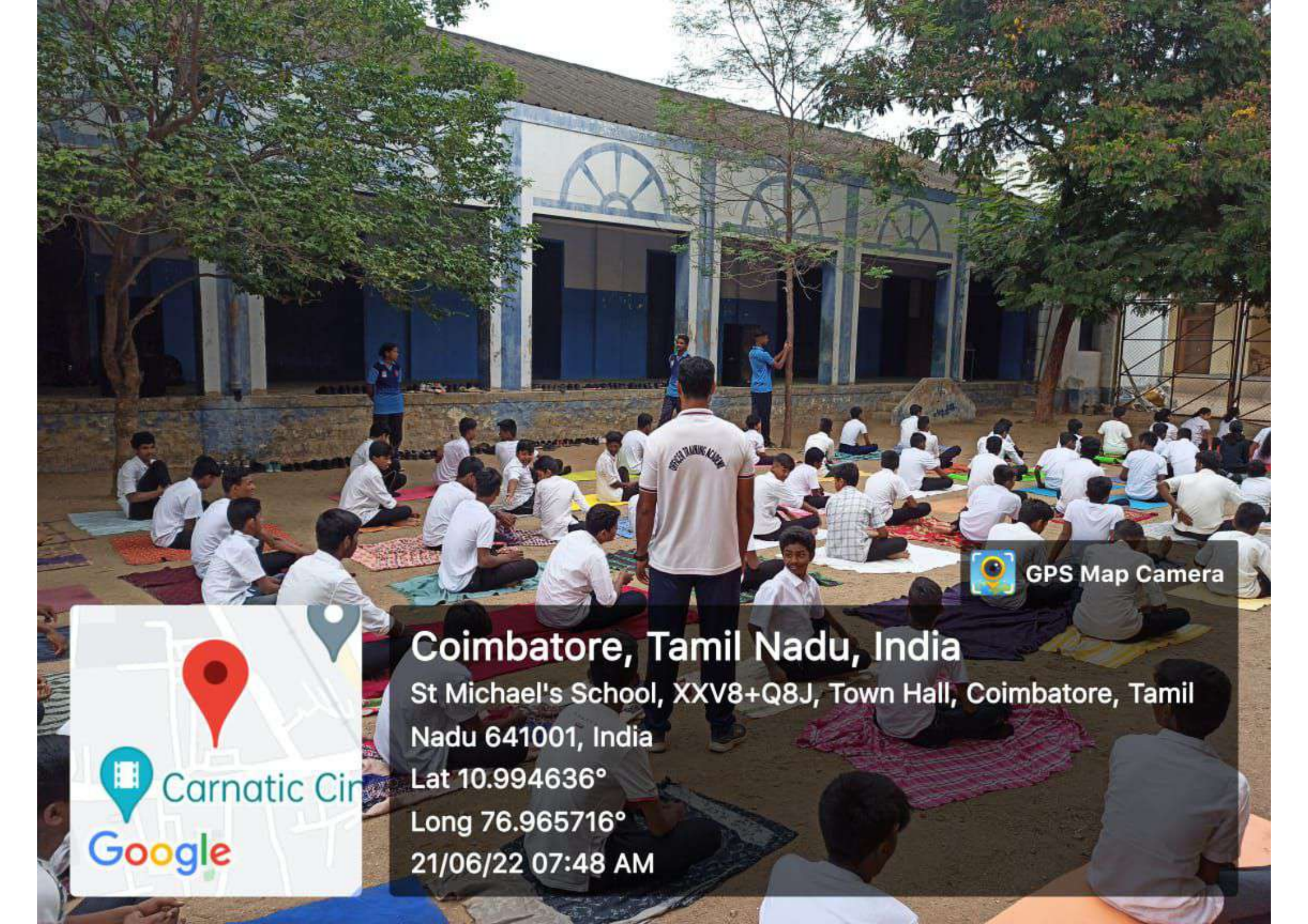
The yoga activity featured a diverse range of activities designed to engage and educate participants. The program comprised:

- Opening Ceremony: The event commenced with an inaugural ceremony, where distinguished guests addressed the audience, emphasizing the significance of yoga and its positive impact on health and harmony.
- Yoga Sessions: Renowned yoga instructors led participants through a series of yoga sessions, encompassing different styles such as Hatha, Vinyasa, and Kundalini. The sessions catered to participants of varying skill levels, ensuring inclusivity and accessibility.
- Workshops and Demonstrations: Concurrent workshops and demonstrations were organized to deepen participants' understanding of yoga postures, breathing techniques, and meditation practices. These interactive sessions provided practical insights and enabled participants to experience the benefits firsthand.

Key Outcomes:

The yoga activity on International Yoga Day yielded several significant outcomes:

- **Increased Awareness:** The event succeeded in raising awareness about the importance and benefits of yoga, reaching a large audience and disseminating information through various media channels.
- **Community Engagement:** The activity fostered community engagement, bringing together individuals from different backgrounds, fostering connections, and promoting a sense of unity and inclusivity.
- **Skill Enhancement:** Participants had the opportunity to enhance their yoga skills through expert-led sessions and workshops, enabling them to incorporate yoga into their daily lives for improved well-being.
- **Inspiration for Future Practice:** The event motivated participants to continue their yoga practice beyond International Yoga Day, fostering a long-term commitment to health and wellness.



GPS Map Camera



Carnatic Cir



Coimbatore, Tamil Nadu, India

St Michael's School, XXV8+Q8J, Town Hall, Coimbatore, Tamil Nadu 641001, India

Lat 10.994636°

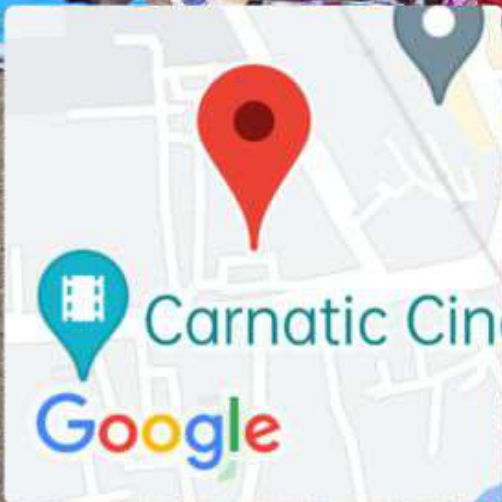
Long 76.965716°

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GPS Map Camera



Coimbatore, Tamil Nadu, India

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Coimbatore, Tamil Nadu 641001, India

Lat 10.994651°

Long 76.965886°

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GPS Map Camera



Coimbatore, Tamil Nadu, India

St Michael's School, XXV8+W89, Town Hall, Coimbatore, Tamil Nadu 641001, India

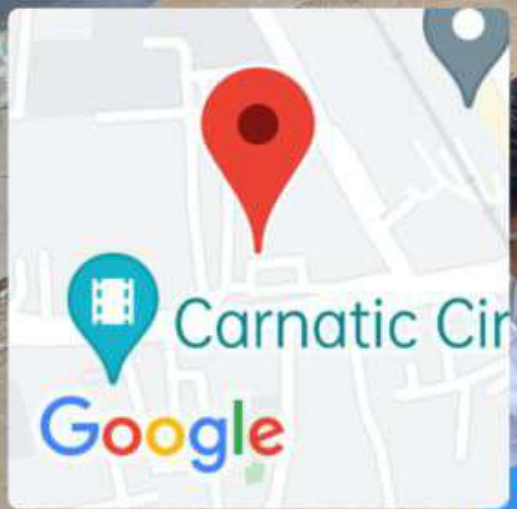
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Long 76.965902°

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Carnatic Cir
Google

Coimbatore, Tamil Nadu, India
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Long 76.965645°
21/06/22 07:48 AM



 GPS Map Camera


 Carnatic Cin


Coimbatore, Tamil Nadu, India
St Michael's School, XXV8+W89, Town Hall, Coimbatore, Tamil
Nadu 641001, India
Lat 10.994646°
Long 76.965831°
21/06/22 07:49 AM











Karunya CONFERENCE CENTER

PERIANAICKENPALAYAM, METTUPALAYAM ROAD, COIMBATORE - 641 019

TNI CTC NCC
Coimbatore

TNI CTC COIMBATORE

INTERNATIONAL
YOGA DAY
TNI CTC NCC
Coimbatore

TNI CTC NCC
Coimbatore





GOVERNMENT COLLEGE OF TECHNOLOGY

(An Autonomous Institution Affiliated to Anna University, Chennai)

COIMBATORE – 641 013 INDIA

STATEMENT OF GRADES

(RELATIVE GRADING SYSTEM)

Sl. No. : 001514

Register No.	1717147	Name	SWARNA NILA P		
Date of Birth	27/09/1999	Gender	FEMALE	Month & Year of Examinations	NOV / DEC 2018
Programme & Branch	FT B.E. COMPUTER SCIENCE AND ENGINEERING			Regulations	2016

Sem	Course Code	Course Title	Credits	Letter Grade	Grade Point	Attendance Grade	Result
III	16SBS3Z1	ENGINEERING MATHEMATICS III	4	RA	0	G	RA
	16SES302	ENGINEERING MECHANICS	4	A	8	G	PASS
	16SES303	DIGITAL SYSTEMS	3	A	8	S	PASS
	16SES304	ANALOG AND DIGITAL COMMUNICATION	3	A	8	VG	PASS
	16SPC305	DATA STRUCTURES	3	A	8	G	PASS
	16SBS306	DISCRETE STRUCTURES	3	A	8	G	PASS
	16SES307	DIGITAL SYSTEMS LAB	2	A	8	G	PASS
	16SPC308	DATA STRUCTURES LAB	2	A	8	VG	PASS
	16SEB309	BUSINESS COMMUNICATION SKILLS	2	A+	9	G	PASS
		16SOC303	VALUE ADDED COURSES YOGA FOR YOUTH EMPOWERMENT <<< END OF STATEMENT >>>	1	B+	7	S

* - NOT INCLUDED FOR THE CALCULATION OF GPA AND CGPA

Semester	I	II	III	IV	V	VI	VII	VIII
Credits Registered			26					
Credits Earned			22					
Grade Points Earned			178					
Grade Point Average(GPA)			6.85					
Cumulative Credits Earned	66 / 70		Cumulative Grade Point Average (CGPA)					7.63

Medium of Instruction : ENGLISH Marks in % = CGPA X 10



Seal and Date

Dr. T. ALWARSAMY
 Controller of Examinations