



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An ISO 9001 : 2008 Certified Institution
Sai Leo Nagar, West Tambaram, Chennai - 44.
www.sairamit.edu.in Phone: 044 - 2251 2111



Regular Report 2021-2022



Sairam
INSTITUTIONS



www.sairamgroup.in



Program Index

S.NO	DATE	PROGRAMM
		REGULAR REPORTS
1	30.05.2021	WORKSHOP: GUIDANCE FOR PSYCHOSOCIAL COUNCILING AND HELPER SKILLS - TOBACCO
2	31.05.2021	WORLD NO TOBACCO DAY - 2021 & PLEDGE
3	12.06.2021	BEST PRACTICES FOR BETTER LIFE STYLE
4	28.07.2021	SIDHA MEDICAL CAMP
5	15.08.2021	75 TH ROLE OF VOLUNTEERS TOWARDS UPLIFTMENT OF FARMERS IN AGRI-TECH
6	24.09.2021	NSS DAY, NILAVEMBU KUDINEER DISTRIBUTION
7	22.10.2021	CLEAN INDIA : TAMBARAM RAILWAY STATION CLEANING WORK - 1
8	25.11.2021	CLEAN INDIA : RALLY FOREST CLEAN -2
9	25.11.2021	CLEAN INDIA : FPREST C;EAMOMG WPRK - 3
10	03.12.2021	BLOOD DONATION CAMP
11	16.12.2021	HEALTH - NILAVEMBU KUDINEER DISTRIBUTION
12	21.12.2021	ENVIRONMENT - TREE PLANTATION
13	27.12.2021	HEALTH - BMD SCAN, OSTEOPOROSIS-BONE MINERAL DENSITY
14	29.12.2021	NSS AWARD
15	12.01.2022	NATIONAL YOUTH DAY - WEBINAR
16	17.01.2022	NSS - ORIENTATION PROGRAM
17	24.01.2022	EMPOWERMENT OF GIRLS CHILDREN'S DAY - WEBINAR
18	26.1.2022	73 REPUBLIC DAY AND QUIZ PROGRAM
19	08.03.2022	INTERNATIONAL WOMENS DAY -QUIZ
20	20.04.2022	YOGA 7 DAYS
21	14.05.2022 TO 20.05.2022	NSS - 7 DAYS SPECIAL CAMP ADOPTED VILLAGE NALLUR
22	24.05.2022	8 TH INTERNATIONAL YOGA DAY 7 DAYS
23	15.08.2022	75 TH INDEPENDENCE DAY
24	09.09.2022	BLOOD DONATION HOSPITAL
25	17.09.2022	COASTAL CLEAN-UP DRIVE 2022
26	19.09.2022	BLOOD DONATION HOSPITAL 7 UNITS



Sai Ram Institute of Technology


An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in




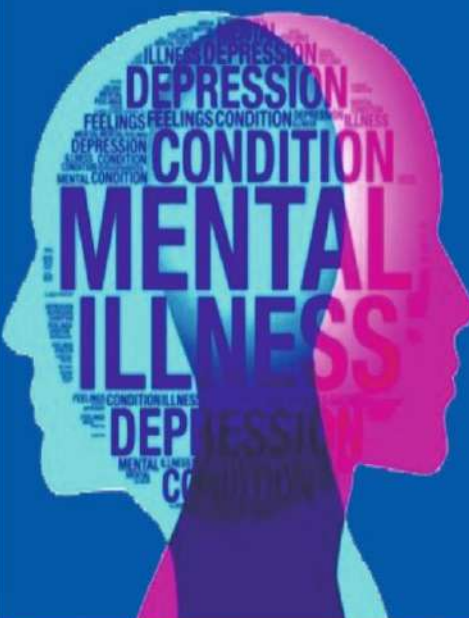
Date: 30.05.2021

Workshop: Guidance for Psychosocial Counselling and Helper Skills

30 NSS Volunteers Attended. A communicable disease, has instilled fears in the minds of the community because of severe morbidity, mortality and efficacy of high transmission. Therefore, anxiety to self-infection and passing the infection to friends, families and co-workers emerges as an emergency.

Sai Ram Engineering College
INSTITUTE OF TECHNOLOGY
Autonomous Institutions
West Tambaram, Chennai - 44

NATIONAL SERVICE SCHEME (NSS)

in association with

MAHATMA GANDHI NATIONAL COUNCIL OF RURAL EDUCATION
Department of Higher Education
Ministry of Education, Government of India



WORKSHOP ON GUIDANCE FOR PSYCHOSOCIAL COUNSELLING AND HELPER SKILLS



Hosting on Zoom
30.05.2021, Sunday @ 4.00 PM

Chief Guest :

Mr. NARENDER BABU DARLA
Program Coordinator, MGNCRE,
Higher Education Department,
Government of India.



Student Co-ordinators : M. Vaan Amudhan / MECH
Abishek / MECH | Kaviya / EEE

Dr. G. Sathish Kumar
Dr. S. K. Uma Maheswaran
Dr. K. Baranitharan
NSS Programme Officers

Dr. K. Palanikumar
Principal / SIT

Dr. A. Rajendra Prasad
Principal / SEC

Shri. Sai Prakash LeoMuthu
Chairman & CEO
Sairam Institutions





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in

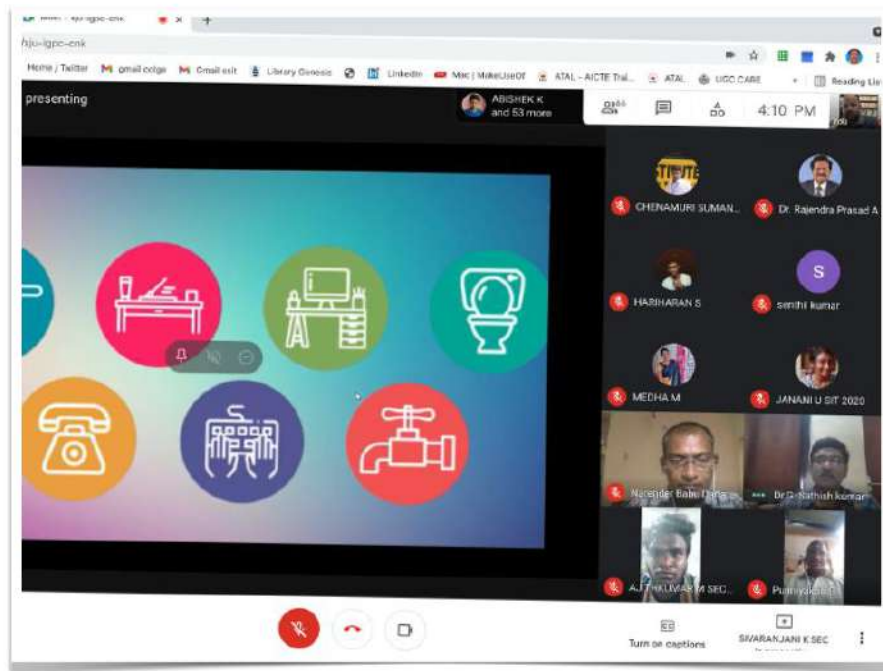


Sri Sairam Institute of
Technology

National Service Scheme

NSS
30 May 2021

Guidance for Psychosocial Counselling and Helper Skills





Sri SAI RAM INSTITUTE OF TECHNOLOGY

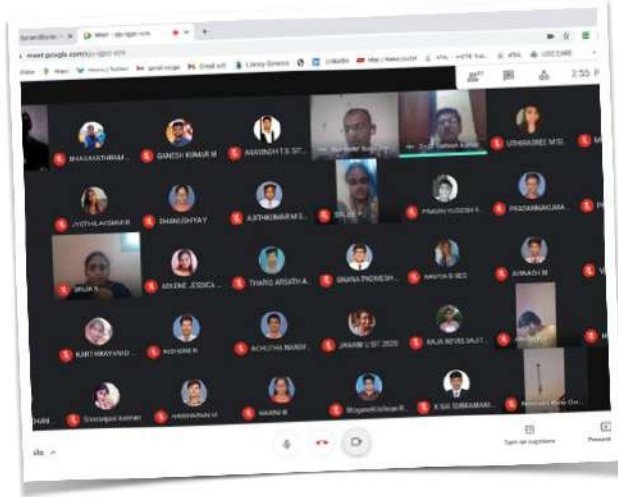
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

National Service Scheme

NSS
30 May 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 31.05.2021 World NO Tobacco Day - 2021



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax: 011-2323 8858

E-mail: secy.ugc@nic.in

D.O.No.14-12/2021 (CPP-II)

29th May, 2021

Subject: World No Tobacco Day on 31st May, 2021

Respected Sir/Madam,

Every year, on 31st May, the World Health Organization (WHO) and global partners observe World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year, the theme of World No Tobacco Day 2021 is "Commit to Quit".

In this regard, you are requested to kindly observe the "World No Tobacco Day" in your esteemed university and the affiliated colleges on **31st May, 2021** and organize a pledge-taking ceremony in a befitting manner following strict adherence to the Government Guidelines/Protocols on COVID-19. A copy of the pledge in English and Hindi is attached.

With kind regards,

Yours sincerely,

(Rajnish Jain)

The Vice-Chancellors of All Universities
The Principals of all Colleges/ Institutes



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



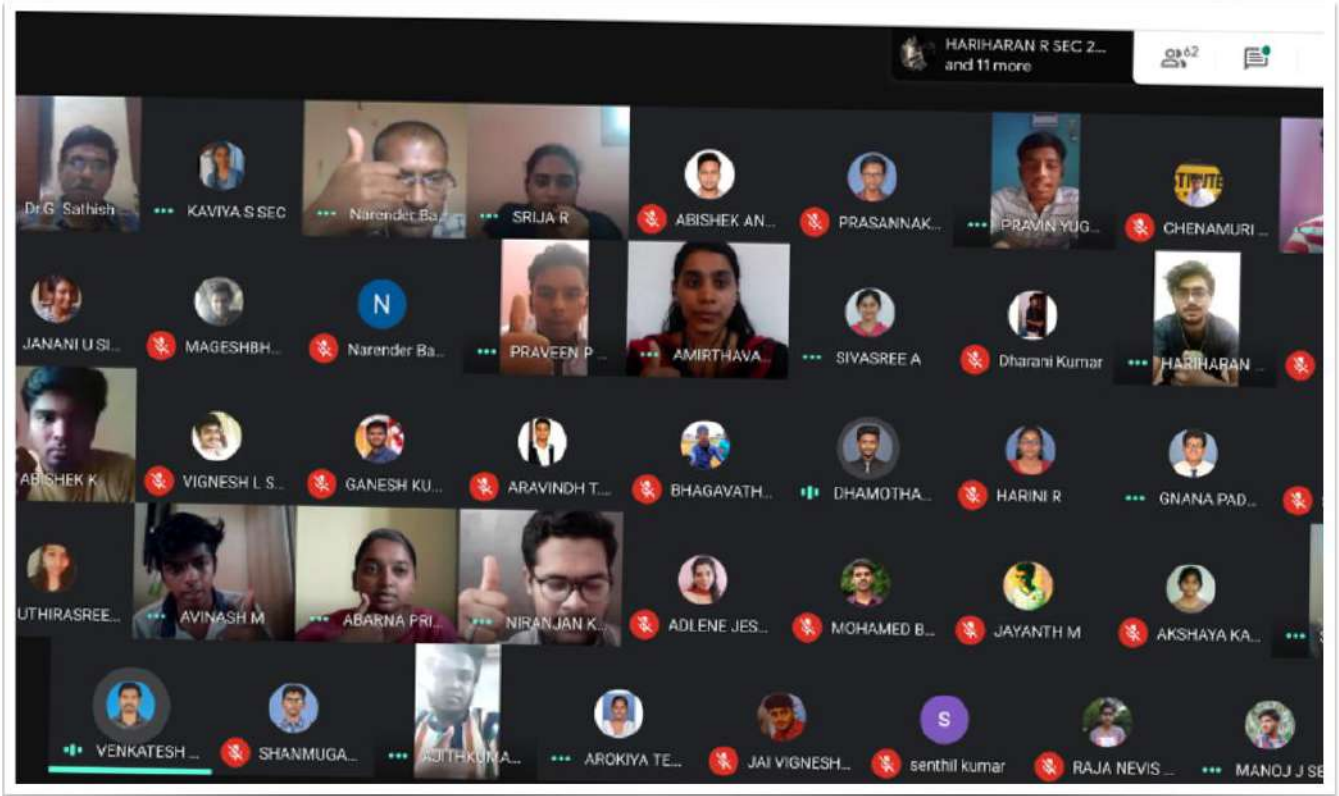
**Sri Sairam Institute of
Technology**

National Service Scheme

**NSS
31 May 2021**

PLEDGE

On this occasion of World No Tobacco Day, I take a pledge that I shall never smoke & consume any type of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco-free and shall also motivate my colleagues for the same.





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 12.06.2021

Workshop: Best Practice for Better Life Style (Boosting immunity : Covid 19 and Beyond)

27 NSS Volunteers Attended. Try to get regular, moderate exercise, like a daily 30-minute walk. It can help your immune system fight infection. If you don't exercise regularly, you're more likely to get colds, for example, than someone who does. Exercise can also boost your body's feel-good chemicals and help you sleep better.

**NATIONAL SERVICE SCHEME (NSS)
HEALTH AND YOGA CLUB**

**WEBINAR ON
Best practices
for better life style
(Boosting Immunity :
Covid 19 and Beyond)**

Hosting on ZOOM 12.06.2021, Saturday @ 5.00 PM

Chief Guests



Dr. MONICA SHANMUGAM, MBBS

Government Medical Officer
Nallamur Primary Health Centre
Chengalpet



Dr. SUKANYA NACHIMUTHU

BSMS MPH
Siddha Physician & Epidemiologist
Alumni of Sri Sairam Siddha Medical College

Dr. K. Palanikumar
Principal/SIT

Dr. A Rajendra Prasad
Principal/SEC

Shri. Sai Prakash LeoMuthu
Chairman & CEO
Sairam Institutions





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in

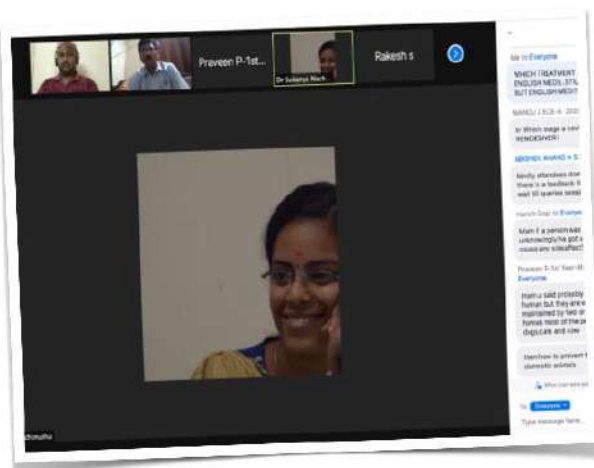
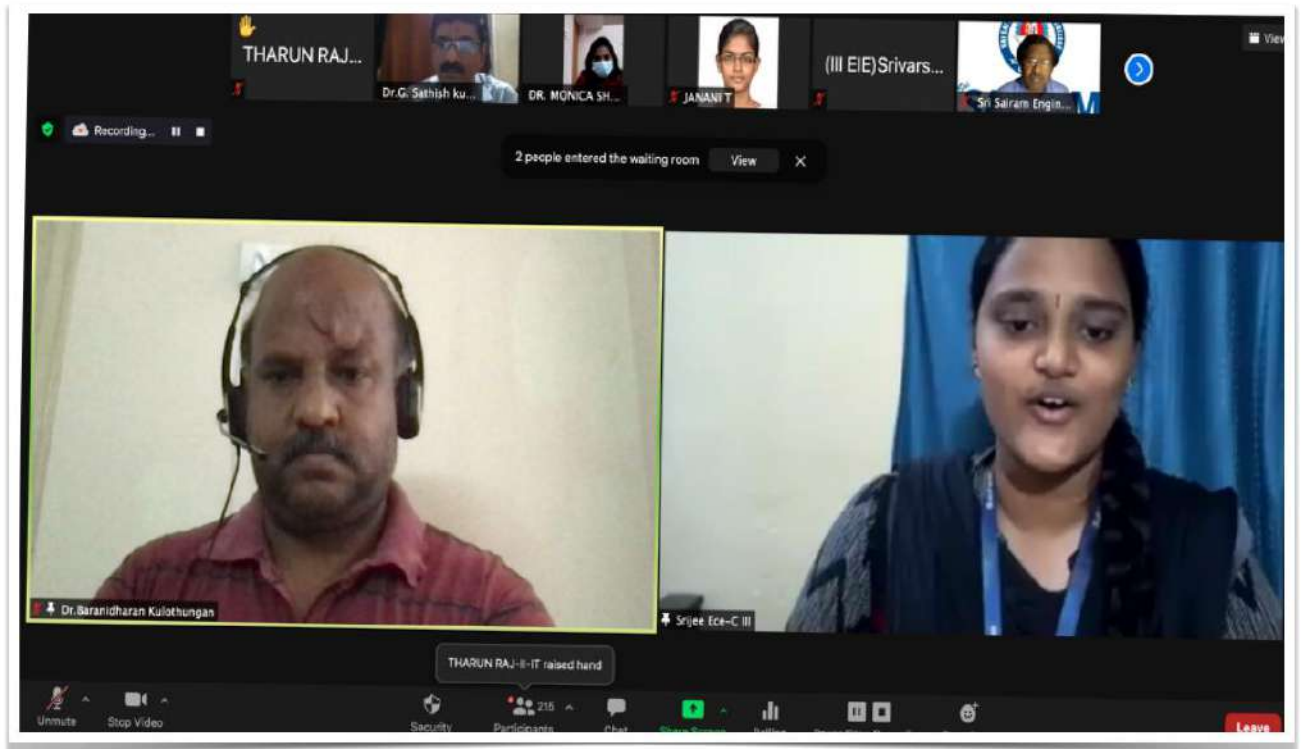


Sri Sairam Institute of
Technology

National Service Scheme

NSS
12 June 2021

Best Practice for Better Life Style (Boosting immunity :Covid 19 and Beyond)





Sri SAI RAM INSTITUTE OF TECHNOLOGY

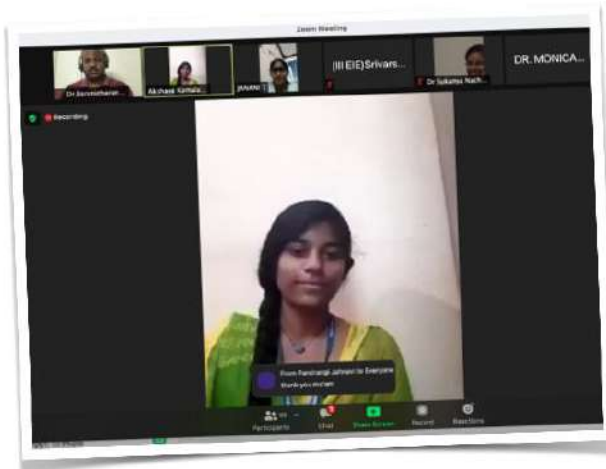
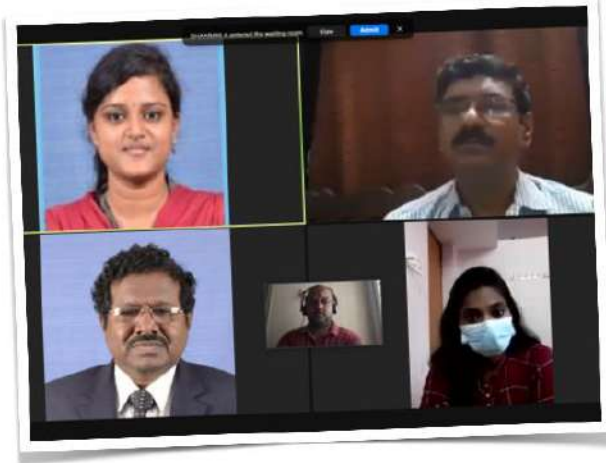
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

National Service Scheme

NSS
12 June 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 28.07.2021

Health : Siddha Medical Camp

42 Staff Used. To preserve and prolong life. To do so, they believed, required humans to live according to the laws of nature. They led simple lives themselves and were unconcerned with caste, creed, colour, or nationality.

Sri Sairam Institute of
Technology

National Service Scheme

NSS
28 August 2021

The banner features the Sairam Institute of Technology logo on the left and the National Service Scheme logo on the right. The central text in Tamil reads: 'சாய்ராம் இன்ஸ்டிடியூட் ஆஃப் டெக்னாலஜி' (Sairam Institute of Technology), 'நாட்டு நலப்பணித்திட்டம் (NSS)' (National Service Scheme), 'Sri Sairam Siddha Medical College & Hospital', and 'இலவச மருத்துவ முகாம்' (Free Medical Camp). It also includes the date 'Date :28.07.2021, Time: 10 to 2 clock' and the location 'Place : SSIT Medical Care'. The banner is decorated with various accreditation logos and a photograph of a doctor attending to a patient.

Medical Camp





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

National Service Scheme

NSS
28 August 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 24.09.2021

NSS DAY & Nilavembu Kudineer Distribution

156 NSS Volunteers used. Nilavembu kudineer is a poly herbal formula controls all types of fever associated with body ache. It controls fever in a comprehensive way through its healing effects of temperature regulation, inflammation control and body pain relief.



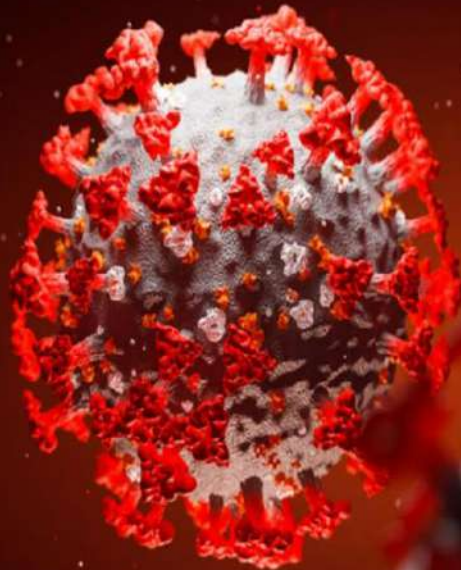
Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



HAPPY NSS DAY

Organize



NILAVEMBU KASHAYAM

on 24.09.2021 @ 12.00 PM | Venue - Sairam Campus

Dr. K Baranidharan
NSS Coordinator

Dr. K. Palanikumar
Principal

Dr. K. Porkumaran
Director
Sairam Institutions

Shri. Sai Prakash LeoMuthu
Chairman & CEO
Sairam Institutions



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



**Sri Sairam Institute of
Technology**

National Service Scheme

**NSS
24 September 2021**





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 22.10.2021

Clean India: Tambaram Railway Station Cleaning Work - 1

38 NSS Volunteers Serviced. A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150 birth anniversary.

Sri Sairam Institute of
Technology

National Service Scheme

NSS
22 October 2021

Clean India





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

National Service Scheme

NSS
22 October 2021





Sai RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 25.11.2021

Clean India: Rally for Forest Cleaning - 2

24 November 2021

Rally Forest Clean





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



24 November 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



24 November 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 25.11.2021

Clean India: Forest Cleaning Work - 3

68 NSS Volunteers Serviced. Our We try to keep our India clean, it will become green by cleaning our environment and our surroundings.

Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
25 November 2021

FOREST CLEAN





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of Technology, Chennai 44 National Service Scheme

NSS
25 November 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of Technology, Chennai 44 **National Service Scheme**

NSS
25 November 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 03.12.2021

Blood Donation Camp


Our NCC cadets practiced Yoga Asana on the 'Yoga Day' in home during the pandemic time through an online session.

Sri Sairam Institute of
Technology

National Service Scheme


NSS
3 December 2021






Cordially invite
you for the

BLOOD DONATION CAMP

HELP SAVE A LIFE 
GIVE THE GIFT OF BLOOD


Friday, 3rd December 2021 | 9.30 AM
Sri Leo Muthu Indoor Stadium

Sairam
INSTITUTIONS 

Dr. K Baranidharan
NSS Program Officer

Dr. K. Palanikumar
Principal

Shri. Sai Prakash LeoMuthu
Chairman & CEO





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

National Service Scheme

NSS
3 December 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

National Service Scheme

NSS
3 December 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 16.12.2021

Health : Nilavembu Kudineer Distribution

97 NSS Volunteers used. Nilavembu kudineer is a poly herbal formula controls all types of fever associated with body ache. It controls fever in a comprehensive way through its healing effects of temperature regulation, inflammation control and body pain relief.

Sri Sairam Institute of
Technology

National Service Scheme

NSS
16 December 2021

NILAVEMBU KUDINEER





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

National Service Scheme

NSS
16 December 2021





Date: 21.12.2021

Environment : Tree Plantation

25 NSS Volunteers serviced. Tree Plantation drives combat many environmental issues like Deforestation, erosion of Soil, desertification in semi-arid areas, Global Warming and hence enhancing the Beauty and Balance of the Environment. Trees absorb harmful gases and emit oxygen resulting in an increase I. oxygen supply.

Sri Sairam institute of
Technology

National Service Scheme

NSS
21 December 2021

Tree Plantation



Report on Animals, Page 1



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam institute of
Technology

National Service Scheme

NSS
21 December 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 27.12.2021

Health : BMD Scan (Staff)

24 Staff used: A bone density test is used to measure bone mineral content and density.

Sri Sairam Institute of
Technology, Chennai 44


National Service Scheme

NSS
27 December 2021



BMD SCAN

Osteoporosis-Bone Mineral Density



 **SRI SAI RAM INSTITUTE OF TECHNOLOGY**
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in

NATIONAL SERVICE SCHEME

AZADI KA AMRIT MAHOTSAV
Awareness Programs of Indian System of Medicine

Free BMD Scan
Osteoporosis – Bone Mineral Density

Date : 27-12-2021, Monday
Venue : NSS Room, Ground floor
Sri Sairam Institute of Technology
Time : 02:30 PM – 03:30 PM




Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
27 December 2021





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 29.12.2021

NSS Award Function



National Service Scheme Award function 2020-2021



**Sri Sairam Institute of Technology,
Chennai**

Wednesday, 29 December 2021 10.30 am

Anna University Announced 2020-2021,

**Best NSS Unit Award (College) received by
Our Principal Dr. K. Palanikumar & Best
NSS Program Officer (PO) Award received
by Dr. K. Baranidharan.**



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 12.01.2022

Webinar :National Youth Day

126 Students Attended. The National Youth Day is also known as Yuwa Diwas and every year a new theme is decided for celebrating this day. The National Youth Day theme 2022 is "It's all in the mind".

Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
12 January 2022

NATIONAL SERVICE SCHEME NATIONAL YOUTH DAY 2022

The poster features a yellow background with a colorful abstract splash at the bottom. At the top left, it lists 'Sairam RAISE', 'Sairam EOMS', and 'Sustainable Development Goals' with icons for goals 8, 13, and 14. The Sairam Institute of Technology logo and name are prominently displayed in the center-left. To the right, a raised fist icon is next to the text 'Celebrations of NATIONAL YOUTH DAY'. Below this, the event details are provided: 'Hosting on Zoom' on '12.01.2022, Wednesday @ 3.00 pm'. The Chief Guest is identified as 'Mr. PRADEEP KUMAR KAR', Deputy Collector-cum-Executive Magistrate, Department of Revenue, Govt. Of Odisha. At the bottom, three individuals are listed: Dr. K. Baranidharan (Programme Officer), Dr. K. Palanikumar (Principal), and Shri. Sai Prakash LeoMuthu (Chairman & CEO). A small photo of a man is shown in the bottom left corner.



Sri SAI RAM INSTITUTE OF TECHNOLOGY

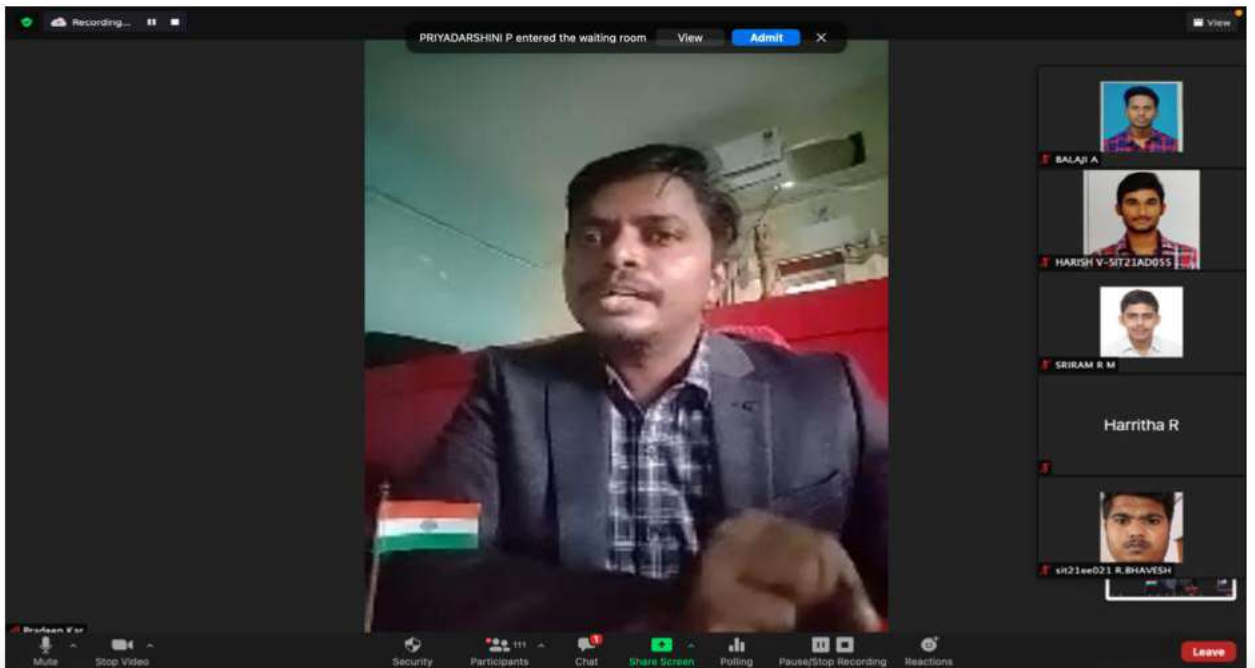
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
12 January 2022





Sri SAI RAM INSTITUTE OF TECHNOLOGY

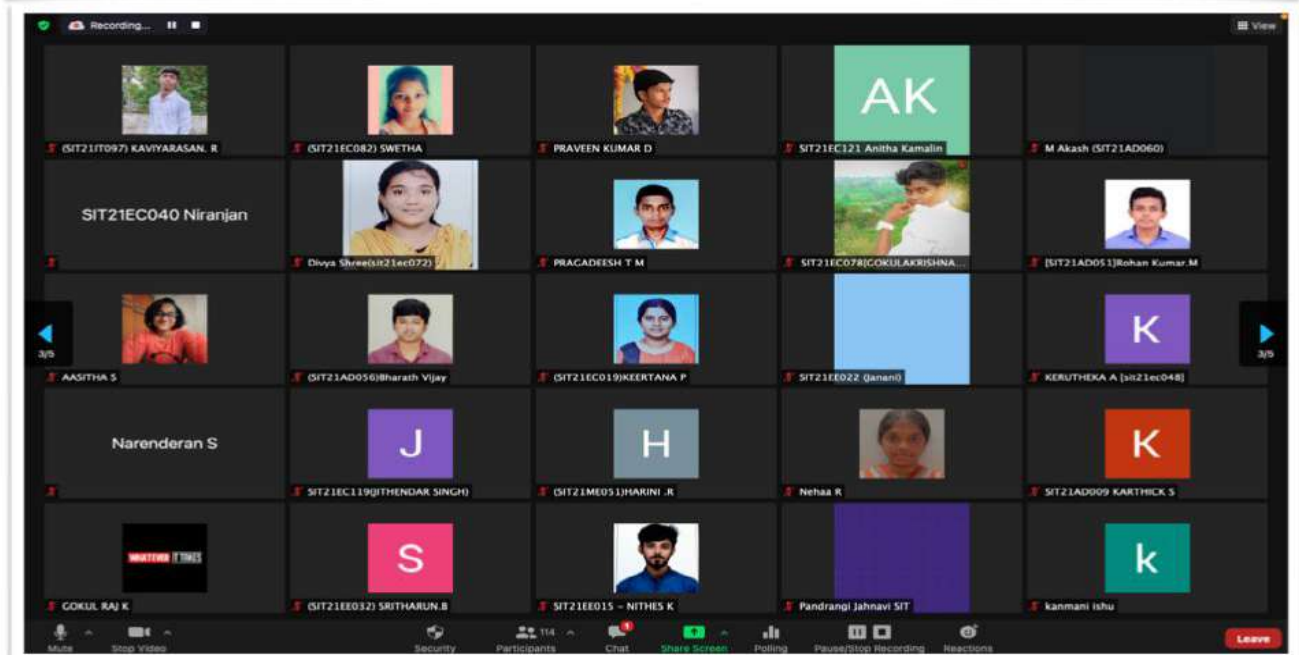
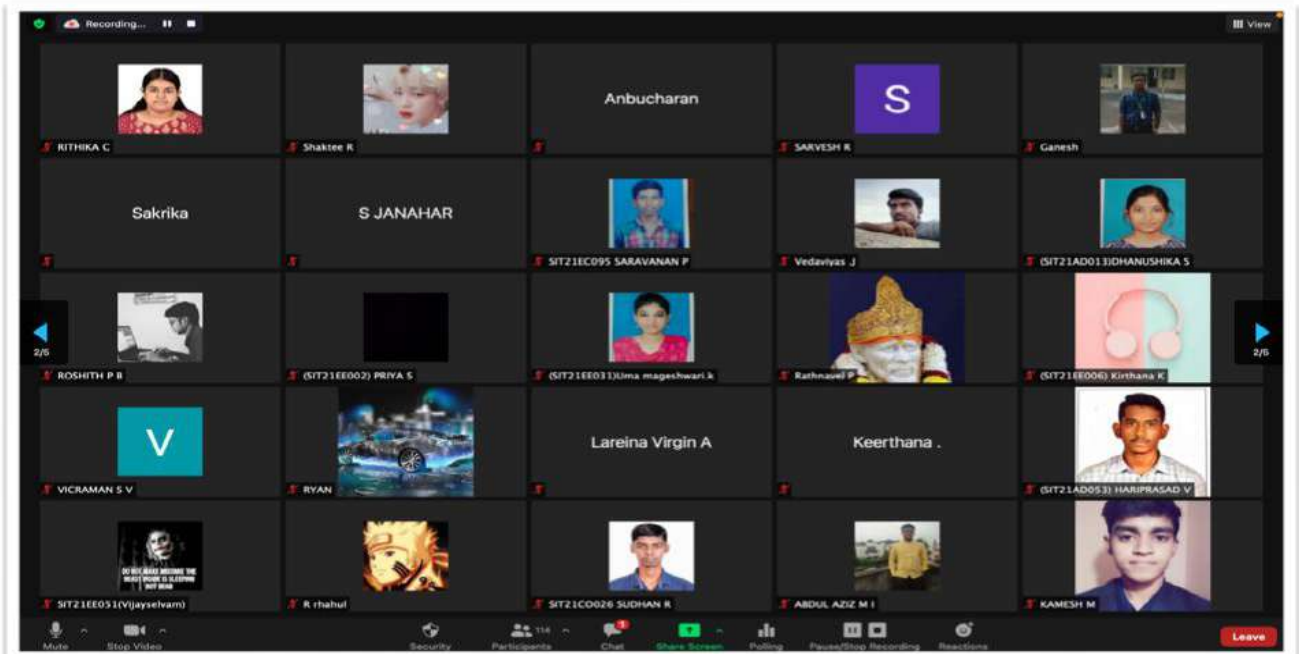
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
12 January 2022





Sri SAI RAM INSTITUTE OF TECHNOLOGY

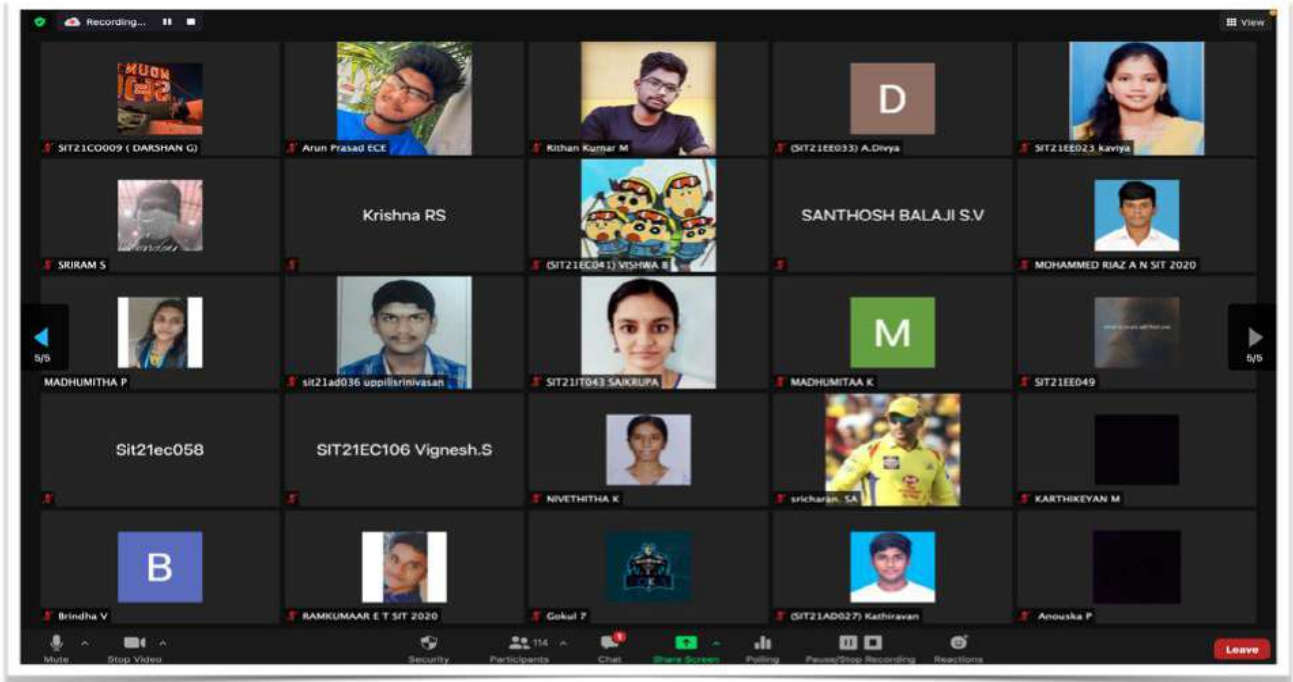
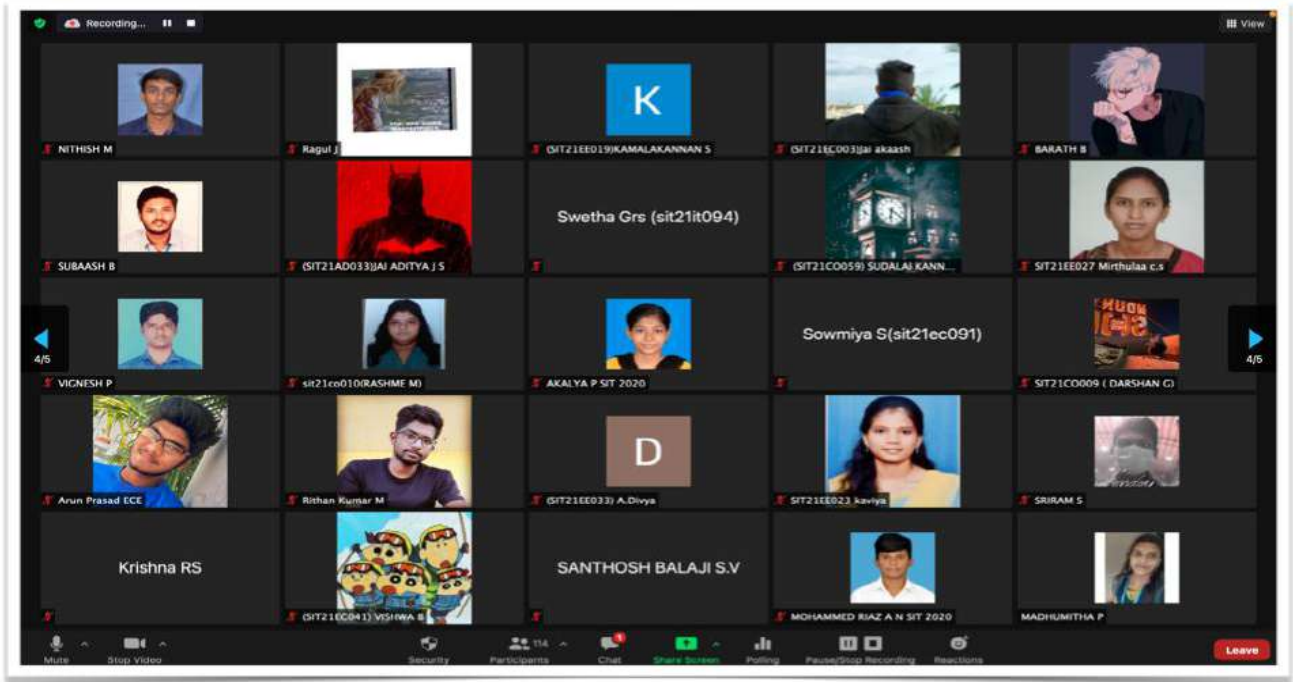
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
12 January 2022





Sri SAI RAM INSTITUTE OF TECHNOLOGY

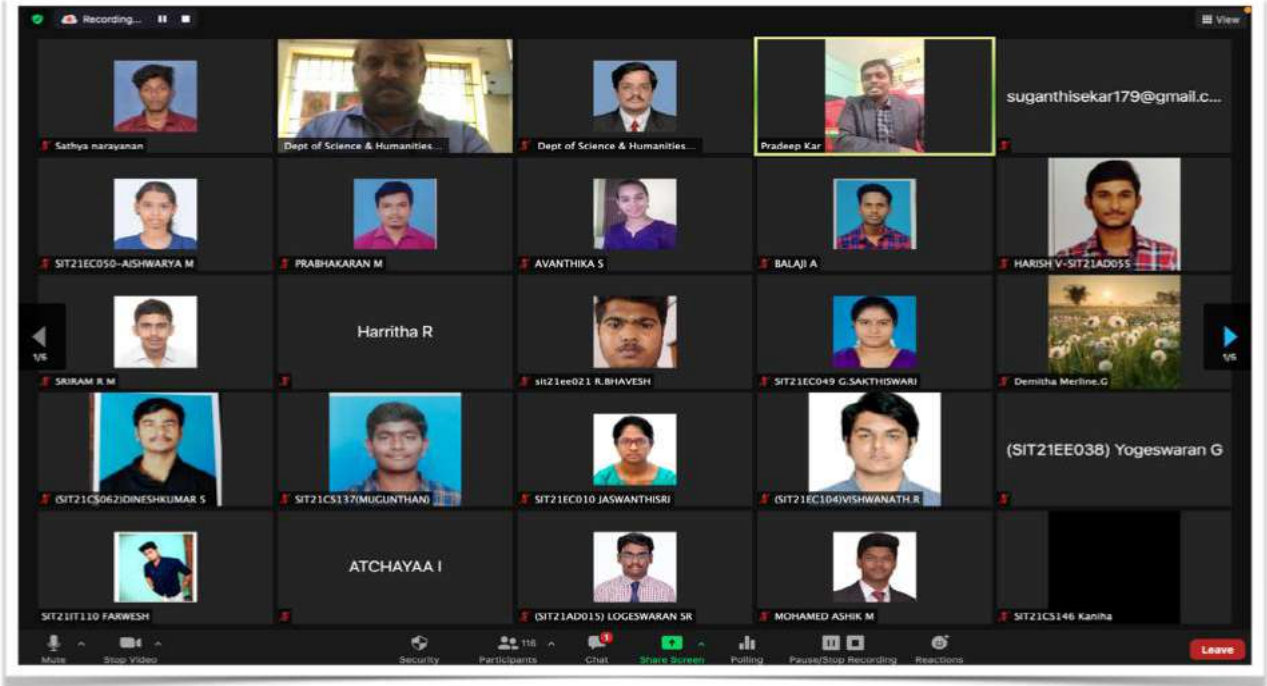
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
12 January 2022














National Youth Day

Sri
SAI RAM

INSTITUTE OF TECHNOLOGY

An Autonomous Institution

West Tambaram, Chennai - 44

www.sairamit.edu.in

• Guest Speaker

Thiru.Pradeep Kumar Kar, OAS

(Odisha Administration Service)

Deputy Collector-cum-Executive Magistrate, Department of Revenue
Govt of Odisha

Date; 12.01.2022, Time; 3.00 PM

Join Zoom Meeting
<https://sairaminstitutions.zoom.us/j/8754582227?pwd=cHJUZDhFNW51TWIxaJlXVTZlZ6HRGQ1O9>

Meeting ID: 875 458 2227
Passcode: youth

<p>Dr.K. Baranidharan E. Viswanathan P. Rathinavel Program Officers</p>	<p>Dr.K.Palanikumar Principal</p>	<p>Shri.Sai Prakash LeoMuthu Chairman & CEO Sairam Institutions</p>
---	---------------------------------------	---



Sai RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 17.01.2022

Online NSS Orientation Program

100 NSS Volunteers Attended. The Programme is to introduce the concept, aims and motto of the NSS to the fresh NSS volunteers



Sai RAM INSTITUTE OF TECHNOLOGY

Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



National Service Scheme

ORIENTATION PROGRAM



Guest Speaker

Rakesh K
Assistant Systems Engineer
TATA Consultancy Services

Guest Speaker

Hariharan V
CAE analyst- Technical Supo.Eng,
Mechanical domain, Skill-lync

Date : 17.01.2022

Time : 11.00 am

Join Zoom Meeting

<https://sairaminstitutions.zoom.us/j/8754582227?pwd=VWxTOXk4OHp4VzVodm1RV3dQaWVzdz09>

Meeting ID: 875 458 2227

Passcode: sitnss

Dr.K.Baranidharan
NSS Program Officer

Dr.K.Palanikumar
Principal

Shri.Sai Prakash LeoMuthu
Chairman & CEO
Sairam Institutions



Sri SAI RAM INSTITUTE OF TECHNOLOGY

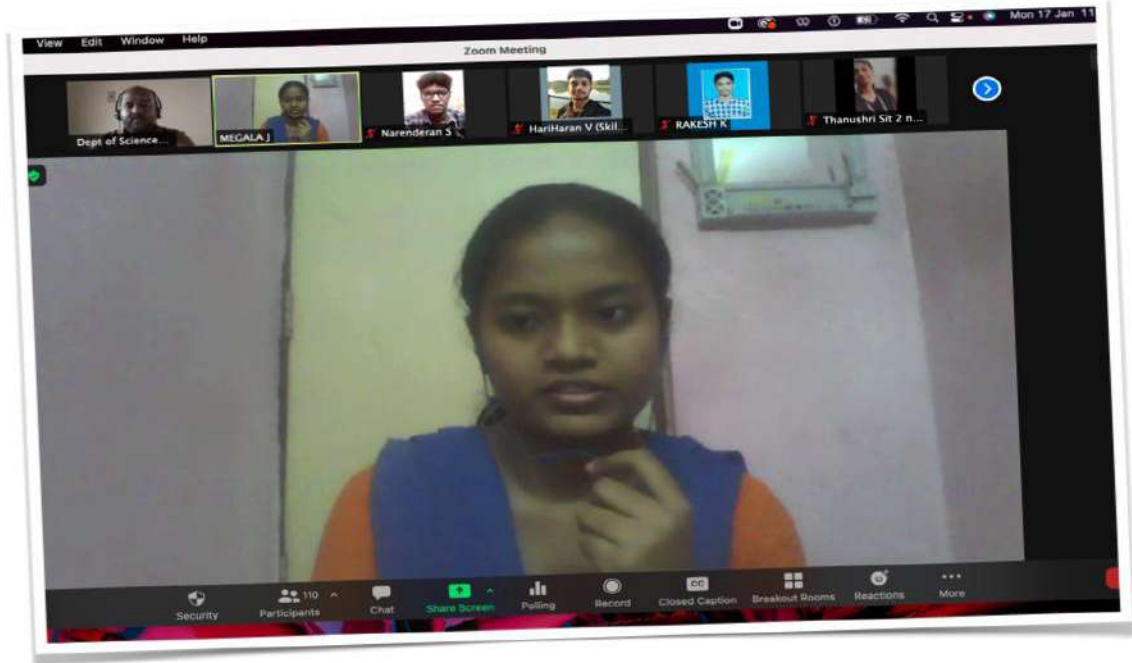
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
17 January 2022





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
17 January 2022

**THE BEST WAY TO FIND YOURSELF
IS TO LOSE YOURSELF
IN THE SERVICE OF OTHERS.**
GANDHI

Participants: Karthiga Ramasubra

SAI RAM INSTITUTE OF TECHNOLOGY
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in

NSS Certificate and Hours Worked

REGULAR ACTIVITIES	SPECIAL ACTIVITIES (7 DAYS)
Day Camp. Activities in adopted village, college, urban-slums, community place. ☐ To be organized during weekends, holidays, important days. ☐ Duration - 120 hours per year (20 hours for orientation, 30 hours for campus work and 70 hours for community service)	7 days residential camps in adopted village. ☐ Should be organized on various national developmental issues. ☐ Activities on awareness programme, creation of durable assets, production oriented programme, relief and rehabilitation, education and recreations etc. to be undertaken.

COLLEGE CERTIFICATE
GOVT OF INDIA CERTIFICATE

Participants: Harisharan V (Skill-Lync), Dept of Science & Huma..., Narendran S, MEGALA J, RAKESH K



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of Technology, Chennai 44

National Service Scheme

NSS
17 January 2022





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology, Chennai 44

National Service Scheme

NSS
17 January 2022





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 24.01.2022

Empowerment of Girls Children's Day Webinar : Cancer Awareness Program

68 Girls Students Attended. Create cancer awareness and remove the stigma and fear attached. Help people recognize the early signs and symptoms of cancer, thus enabling them to seek treatment at an early stage.



Sri SAI RAM INSTITUTE OF TECHNOLOGY
An Autonomous Institution
West Tambaram, Chennai - 44

Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+"
ISO 9001:2015 Certified and
MHRD NIRF Ranked Institution
www.sairamit.edu.in



NATIONAL SERVICE SCHEME

EMPOWERMENT OF GIRL CHILD

Guest Speaker

Date : 24.01.2022

Time : 12pm to 1pm



Dr. G. Genga lakshmi, M.D (Hom).,
Professor - Dept. of Anatomy,
Member - Eve's Club,
Sri Sairam Homoeopathy Medical College
and Research Centre,
West Tambaram,
Chennai.



National Girl Child day



Join Zoom Meet :

<https://sairaminstitutions.zoom.us/j/8754582227?pwd=VWxTOXk4OHp4VzVodmIRV3dQaWVzdz09>

Meeting ID: 875 458 2227

Passcode : sitnss

Dr. K. Baranidharan
NSS Program Officer

MS. M. Subashini
Organiser

Dr. K. Palanikumar
Principal

Shri. Sai Prakash Leo Muthu
Chairman & CEO
Sairam Institution





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



**Sri Sairam Institute of
Technology**

National Service Scheme

**NSS
4 February 2022**





SRI SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 26.01.2022

Quiz : 73 Republic Day

1452 Students Attended: Republic Day commemorates the spirit of independent and individual India. It was on this day in 1930 when the Indian National Congress proclaimed Purna Swaraj, the declaration of India's independence from colonial rule. The day also commemorates Indian citizens' power to choose their government democratically.

SRI SAI RAM INSTITUTE OF TECHNOLOGY
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in

NATIONAL SERVICE SCHEME

73 Republic Day 26th January 2022
Patriotic Quiz Program
Link : <https://forms.gle/eXJT3Lr8NbWuhR3y8>

SRI SAI RAM INSTITUTE OF TECHNOLOGY
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in

NATIONAL SERVICE SCHEME

Certificate of Participation

Sai mahathy sree.B.S

For participating in the Patriotic Quiz on
73 Republic Day 2022 in the Month of January 2022
We appreciate your time and enthusiasm! Keep Participating!








Made for free with Certify'em



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 18.02.2022 to 19.02.2022

Local Body Election Duty

18 NSS Volunteers Serviced to Local body election duty at Chennai



SRI SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



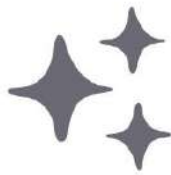
Date: 08.03.2022

Quiz : Women's Day

460 Women's Day celebrates women's history, highlighting key events, milestones, and achievements, and aims to **further promote and raise awareness of women's rights and to achieve equal opportunity status in all walks of life.**



International Women's Day 8 March



Quiz Link :

<https://forms.gle/ismz55EhoygjQJaj8>

Dr.K.Baranidharan
NSS Program Officer

Dr.K.Palanikumar
Principal

Shri. Sai Prakash Leo Muthu
Chairman & CEO
Sairam Institution



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



NATIONAL SERVICE SCHEME

Certificate of PARTICIPATION

This Certificate is presented to

For participating in the Women's Day Quiz
on 8th March 2022.

We appreciate your support and enthusiasm! Keep Participating.




Dr. K. Baranidharan
NSS
Program Officer


Dr. K. Palani Kumar
Principal,
Sri Sai ram Institute of Technology


Sai Prakash LeoMuthu
Chairman & CEO,
Sairam Institutions



Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in






Date: 20.04.2022


SRI SAIRAM INSTITUTE
OF TECHNOLOGY

NATIONAL SERVICE SCHEME

DAY - 1
20 April 2022











Sri
SAI RAM

ENGINEERING COLLEGE
INSTITUTE OF TECHNOLOGY

Autonomous Institutions
West Tambaram, Chennai - 44



Organized by
National Service Scheme

Online Workshop in Yoga



Hosting on Zoom

Meeting ID : 878 9655 6952
Passcode: YOGA






Yoga Trainer
K Sharmila M.sc MPhil



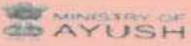
Hosting on Zoom

20.04.2022 to 26.04.2022(7 Days)


- 1.Introduction about yoga
- 2.Discussion and demo on suryanamaskar
- 3.Simplified physical exercise
- 4.Muthras
- 5.Asanas
- 6.Kayakalpa



Dr.K.Baranidharan
NSS Program Officer



Dr.K.Palanikumar
Principal



Shri.Saiprakash Leo Muthu
Chairman & CEO
Sairam Institution



Sri SAI RAM INSTITUTE OF TECHNOLOGY

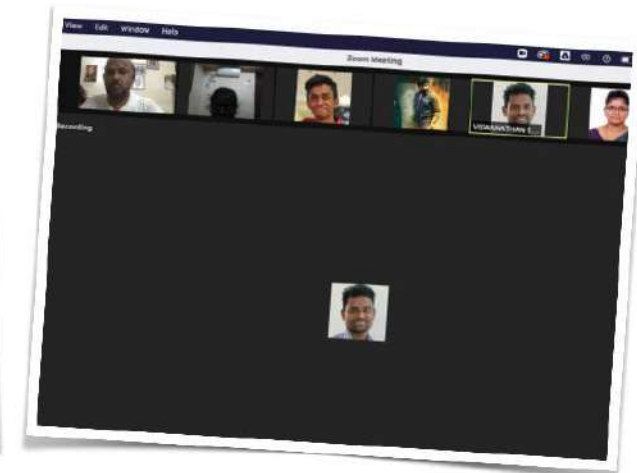
An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

NATIONAL SERVICE SCHEM

NSS
22 April 2022





Types of Hand Mudras

1. GYAN MUDRA
2. PRANA MUDRA
3. PRITHVI MUDRA
4. VARUN MUDRA
5. SURYA MUDRA




GYAN MUDRA (Mudra of knowledge)




- ▶ It stimulates the air element in the body which ultimately leads to an increase in the memory power, nervous system and pituitary gland production.
- ▶ It increases the concentration level mental power and sharpens the brain.

PRANA MUDRA (MUDRA OF LIFE)




- ▶ It increase eye sight, increases the body resistance to disease , reduces deficiency of vitamins and removes tiredness.
- ▶ it reduces pangs during fasting and gives you a good night sleep.
- ▶ it stimulates the entire human body.

PRITHVI MUDRA or APNA MUDRA(MUDRA OF DIGESTION)




- ▶ It gives relief from constipation , piles and diabetes ,kidney defects and the dental problems.
- ▶ It is best for stomach and heart disease.
- ▶ To detoxify the body this mudra helps.

VARUN MUDRA (MUDRA OF WATER)



- ▶ It reduces the dryness of the skin and helps to improve its luster and softness.
- ▶ It also cure many skin diseases.
- ▶ It encourages openness and fluid communication and balances the water element in the body.

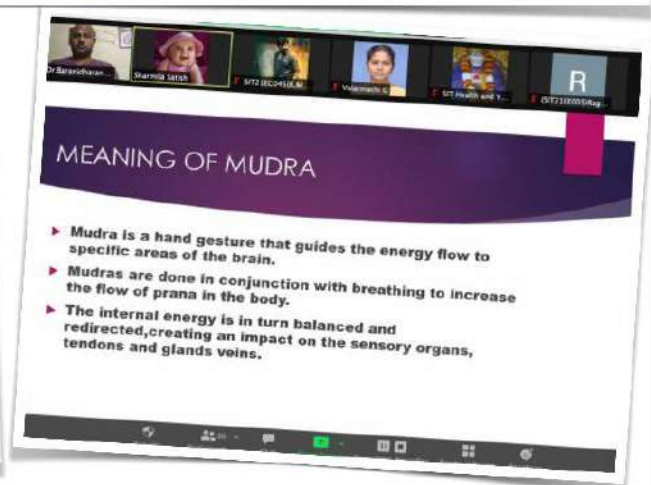
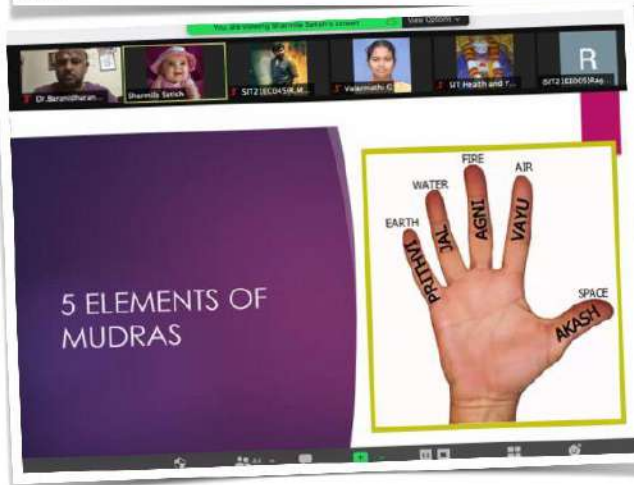
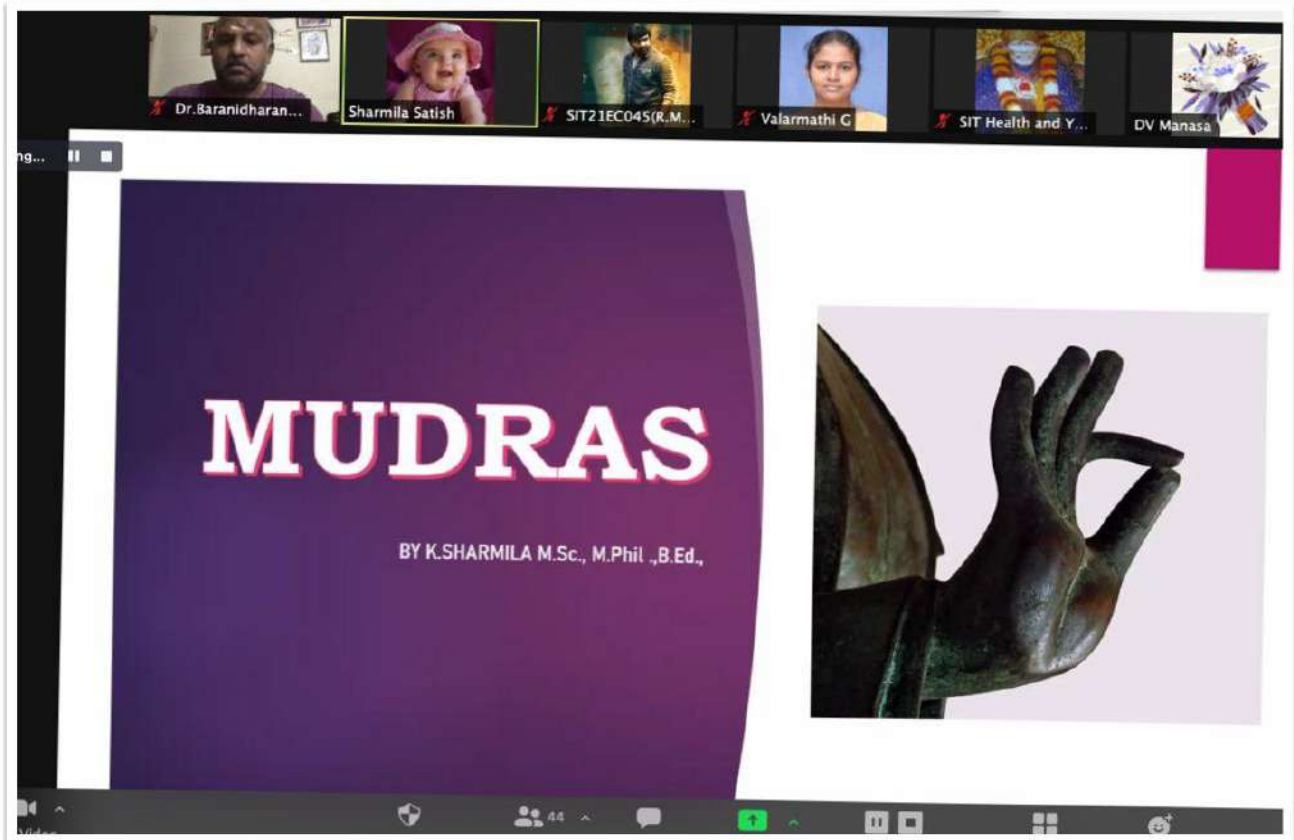
SURYA MUDRA (MUDRA OF THE SUN)



- ▶ It helps to control weight and obesity.
- ▶ It helps to maintain fire elements to maintain the temperature and improve the vision.
- ▶ It also helps to cure cold, digestive problems and coldness of body limbs ,hands and feet.



YOGA 4th DAY





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sri Sairam Institute of
Technology

NATIONAL SERVICE SCHEME

NSS
26 April 2022

MOOLA BANDHA

Mula Bandha

The Mula Bandha is the root lock and relates to the root chakra.

Located around the pelvis, this bandha helps ground and uplift you.

ASWINI MUDRA

Ashwini Mudra

**காயகல்பம்
செய்முறை விளக்கம்**

**பேராசிரியர்
திரு க.தங்கவேல் அவர்
அறிவுத்திருக்கோயில்
வத்தலக்குண்டு**

**காயகல்பம்
செய்முறை விளக்கம்**

**பேராசிரியர்
திரு க.தங்கவேல் அவர்
அறிவுத்திருக்கோயில்
வத்தலக்குண்டு**

வாழ்க வளமுடன்...



YOGA 6th DAY





Sai RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 14.05.2022 to 20.05.2022
N S S SPECIAL CAMP



ஸ்ரீ சாய்ராம் இன்ஸ்டிடியூட் ஆப் டெக்னாலஜி



*An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution*

சாய் லியோ நகர், மேற்கு தாம்பரம், சென்னை - 44.
போன் : 044 - 2251 2111 www.sairamit.edu.in

நாட்டு நலப்பணித்திட்ட சிறப்பு முகாம்

"NOT ME BUT YOU"

அன்புடையர்,

எங்களது நாட்டு நலப்பணித்திட்டத்தின் சார்பாக சிறப்பு முகாம் 14.05.2022 முதல் 20.05.2022 வரை நல்லூர் கிராமத்தில் நடைபெற உள்ளது. இந்நிகழ்ச்சியில் பங்கு கொண்டு மாணவர்களை ஊக்குவித்து முகாமை சிறப்பிக்க ஆதரவு தருமாறு அன்புடன் அழைக்கின்றோம்.

Aim : PERSONALITY DEVELOPMENT THROUGH COMMUNITY SERVICE

நாள் : 14.05.2022 - 20.05.2022

இடம் : ஊராட்சி ஒன்றிய தொடக்கப்பள்ளி, நல்லூர்.

பொருள் : "Youth for Cleanliness"

இப்படிக்கு
ஸ்ரீ சாய்ராம் இன்ஸ்டிடியூட் ஆப் டெக்னாலஜி
முதல்வர், திட்ட அலுவலர்கள்
ஆசிரியர் மற்றும் மாணவ, மாணவியர்.



Sai SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 24.05.2022



Sai SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



NATIONAL SERVICE SCHEME



Countdown Programme for 8th International Day of



7 days Training programme on common Yoga Protocol (CYP)

General Yoga Practices

24-05-2022 to 31-05-2022 | 10.00 AM to 11.30 AM | Sairam Yoga Center

Resource Persons



Prof. C. Jayaveera Pandian
M.Sc. (Yoga)



Prof. J. Jayanthi,
M.Sc (Yoga)

Sky Yoga-WCSE-World Community Service Centre.

Dr. K. Baranidharan
NSS Coordinator

Dr. K. Palanikumar
Principal/SIT

Shri. Sai Prakash LeoMuthu
Chairman & CEO





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 15.08.2022

SRI SAIRAM INSTITUTE
OF TECHNOLOGY

75TH
INDEPENDENCE DAY

N S S
15 August 2022

75th INDEPENDENCE DAY

SRI SAIRAM INSTITUTE OF
TECHNOLOGY, CHENNAI.





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



**SRI SAIRAM INSTITUTE
OF TECHNOLOGY**

**75TH
INDEPENDENCE DAY**

**NSS
15 August 2022**





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



**SRI SAIRAM INSTITUTE
OF TECHNOLOGY**

**75TH
INDEPENDENCE DAY**

**N S S
15 August 2022**





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



**SRI SAIRAM INSTITUTE
OF TECHNOLOGY**

**75TH
INDEPENDENCE DAY**

**NSS
15 August 2022**





Sai SRI SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 09.09.2022

Blood Donation

20 unit



Sai SRI SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sairam
www.sairamgroup.in



SAVING LIVES ONE DROP AT A TIME

EVERY DROP COUNTS



NATIONAL SERVICE SCHEME



Sai RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 17.09.2022

Coastal Clean-up Drive 2022





Sri SAI RAM INSTITUTE OF TECHNOLOGY

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in





Sai Ram Institute of Technology

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Date: 19.09.2022

Blood Donation

07 unit

Gleneagles Global Hospital
Peumbakkam, Chennai



Sai Ram Institute of Technology

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC 'A+' | An ISO 9001:2015 Certified and MHRD NIRF ranked institution
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairamit.edu.in



Sairam
www.sairamgroup.in



ARITA
TOP 20 RANKING INSTITUTION



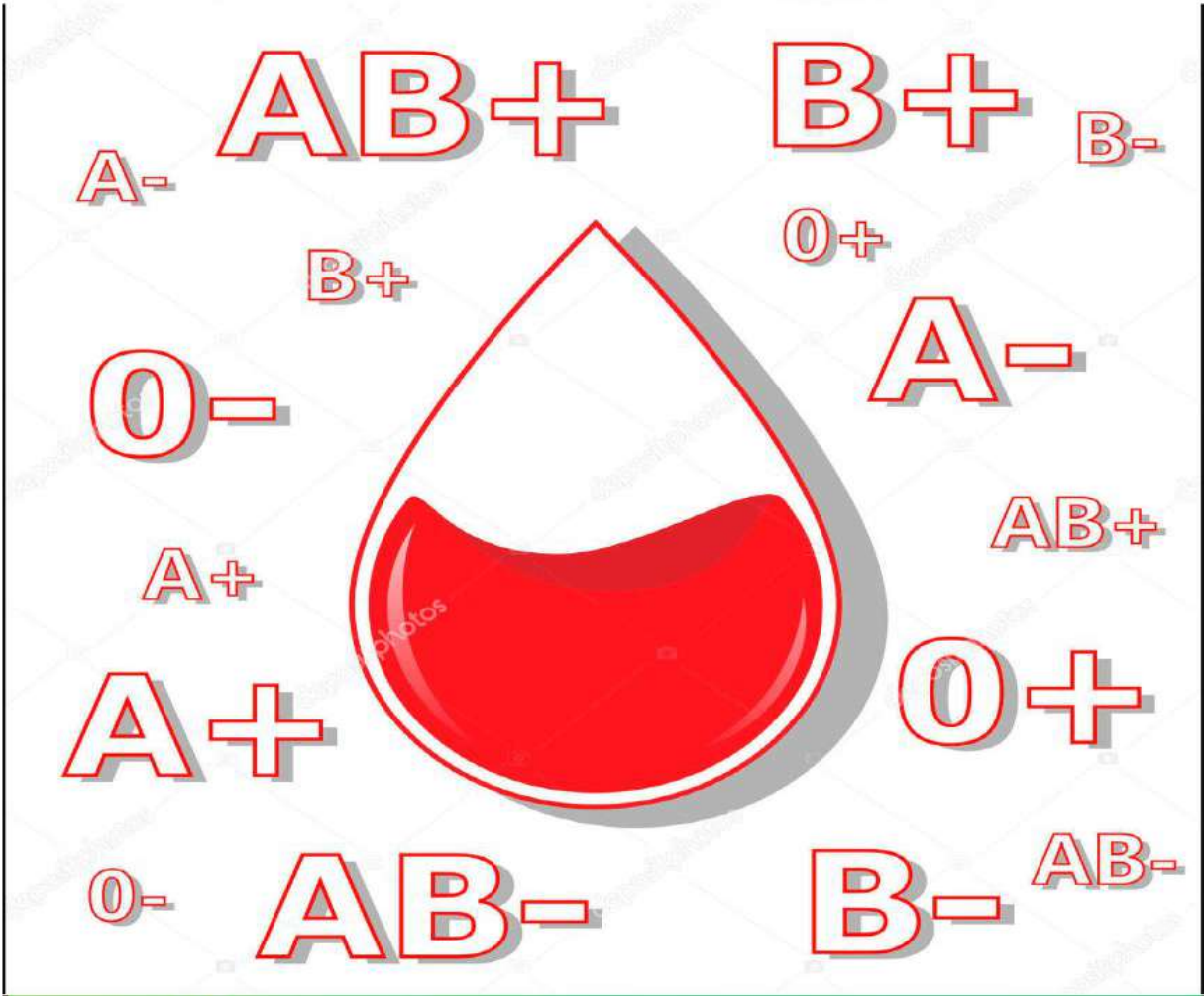
NBA



NAAC



MHRD



NATIONAL SERVICE SCHEME