

SPORTS REAP MAIL

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The Princess of Oceans Ms.Nethra Kumanan of SRM IST



“The Ocean Gave us Precious water to drink and Delicious salt to taste

The Ocean Provided us Oil for Transport and Gas for Cooking

The Ocean Permitted us to Play for Happiness and Explore to Expedition

The Ocean Donated us Gold as Wealth and Diamonds as luxury

The Ocean Contributed Oxygen for

Healthy Living and Iron for constructing

The Ocean Offered us Copper for Electricity and Zinc for Colorful Paints

The Ocean Granted us Platinum for Jewelry and Palladium for Pleasure”

The Princess of Oceans Ms.Nethra Kumanan (-IV-B.Tech (Mech)-RA1911002040035) (The Directorate of Sports Wealth and SRM IST Prosperity)

have made us proud by winning Gold Medal at the YAI Sailing Championship held at Mumbai from 07th to 13th February 2023 and becoming the first sailor to qualifying to represent India in the upcoming Asian games which will be held at China in the month of September 2023 in ILCA 6 Laser Radial Sailing . By Winning Gold at the YAI Sailing Championship held at Mumbai from 07th to 13th February 2023.

Women are Ultimate



“Why women are far better than men,
and what is the secret behind the success
of Women in life and sports

Women are good thinkers

Women are great listeners

Women are hard workers

Women are team builders

Women are self-creators

Women are huge motivators

Women are situation players

Women are timely entertainers

Women are shock absorbers

Women are good performers”

SRM IST Volleyball (Women) team
Won the GOLD MEDAL in the All India
Inter University Volleyball (W)Tournament
from 01st to 6th January 2023 held at MG
University, Kottayam, Kerala.

Accuracy gave us success

“Basketball is played
with speed and
accuracy

Football is played
which endurance and
tackling

Cricket is played
with patience and
calculation

Volleyball is played
with explosive power
and placing

Badminton is played
with power and
striking

Kabaddi is played with
force and catching

Ball badminton is
played with lighting
force and attacking”

Our Basketball
Women Team won Second
place (Silver medal) with
their accuracy and speed
in the All India Inter
University Basketball(W)
tournament held at DCRM,
Muthal, Sonipat, Haryana
from 30th January to
03rd February 2023.





The Mighty Brave Warriors of SRM IST

“Chhatrapati Shivaji Maharaj From Bhonsle Maratha Clan, The Most Admirable King Who Ruled the Maratha Empire Still Lives in Millions of Hearts in India

Rani Lakshmi Bai, The Rani of Jhansi, The Tigress Who Sowed the Seeds of Freedom in The Blood of Her Citizens When She Ruled the Princely State of Jhansi from 1843 To 1853 Against the Britishers.

Tenali Rama The Poet and The Advisor of Krishna Devaraya Used His Wisdom

and Knowledge to Solve the Problem of His King and The People of the Kingdom of Vijayanagar. His Intelligence Still Lives and Makes Us Think.

The Brave Horse in The History of Any Battles Happened in India. The Horse of Maharana Pratap – “CHETAK”. He Showed Courage When His Rear Leg Was Tored By an Elephant Tusk and Still Managed to Save His King. The Legendary Horse Is Still Remembered by The Horse Lovers.

The Chikottukavu Ramachandra the “Killer” Elephant Who Was Loved and Feared by The Elephant Admirers in Kerala And India. The Massive Elephant Is 10.53 Feet Height Walks with Majestic and Steels the Heart by His Imposing Presence. He Has 1,22,000 Followers ON Facebook.

Captain Vikaram Batra from 13 JTK Rifles Is the Hero of The Kargil War and Led the Toughest War Operations Against Pakistan And Gave India a Huge Victory and

Made Indian Flag High.

Our SRM IST Chess (W) Team Has All the Above Said- King, Queen, Minister, Horse, Elephant, Soldier to Win Any Battle That Comes Across Anywhere in The World”

SRM IST Chess (Women) Players Won the GOLD MEDAL in the All India Inter University Chess (W) Tournament held at Manipal University, Karnataka from 22nd to 24th February 2023.

A New Beginning



“SRM IST have already started dominating in different sports in India and now a new coloured feather have been crowned (Karate) in the SRMIST Kingdom”

K-KILLING INSTINCT
A-ARMAMENT
R-RHYTHM
A-BULWARK
T-TOLERANCE
E-ELEGANT”

Our SRM IST Karate Men player Mr..S.AllenAllester -B.Sc(Critical Care Technology)- RA2221017010018 won the “GOLD MEDAL” in the 24th south India Karate Championship held at “Krissh Auditorium” Shri Krishnaswamy college for women ,Chennai on 04th December 2022

Sweat leads to victory and happiness

"In Cricket the ball is bowled at a pace of 150km/h

In Football the freekick is taken at a speed of 130 km/h

In Hockey the ball is hit at the target at a speed of 183 km/h

In Tennis the ace is served at a speed of 150 km/h

In Badminton the shuttlecock travels at a higher speed of 400 km/h

In Table Tennis the

ball Travel at a speed of 116 km/h

The Speed may differ in different sports but the target is victory"

SRM IST Table Tennis Women's team won the SILVER MEDAL in the All India Inter University Table Tennis(W) Tournament held at Chitkara university, Punjab from 02nd to 04th January 2023 and have qualified for Khelo India University Games 2023.



New Golden Girls of SRM IST



"Ladder Won't Be Sufficient Enough to Pluck the Stars in The Sky

Eyes Won't Be Sufficient Enough to Admire the Beauty of God's Creation Dreams Won't Be Sufficient Enough to Attain the Goals You Desire

Legs Won't Be Sufficient Enough to Measure the Length and Breadth of This Universe

Single Degree Won't Be Sufficient Enough to Lead A Comfortable Life in The This Vast Society

Money Won't Be Sufficient Enough to Buy Love and Affection During the Journey of Life What Is Required Then? What Is Needed to Fulfill Our Dreams and Desires?

Untiring Efforts to Achieve Enormously Hard Times in Life to

Receive Happily Overcome the Defeats to Deceive Correctly"

Our Target Ball team (Girls) made us proud by WINNING GOLD MEDAL in their first appearance in the All India Inter University Target ball Women Tournament -2022-2023 held at Saveetha University, Chennai from 24th to 25th February 2023. Their thirst for victory beyond their limits made them champions.

V.Dharunraj The New Champion

"JESSE OWENS, stole thousands of heart by winning 4 Gold Medals in Olympics with his raw power

MICHAEL PHELPS, filched innumerable hearts by winning 23 Gold medals in Olympics with his

ultimate power

CARL LEWIS, purloined uncountable hearts by winning 9 Gold medals in Olympics with his enormous power

NADIA COMANECI, Romanian Gymnast Grabbed millions of

hearts by winning 5 Gold Medals in Olympics by her stunning power

USAIN BOLT, the king of Athletics embezzled millions of hearts by winning 8 Gold Medals in Olympics by his thundering power"



Champion sat in the SRMISTians heart throne by Winning 2 Gold Medals in the All India Inter University Wushu Men

Championship -2022-2023 held at Chandigarh University, Mohali, Punjab from 07th to 11th February 2023.



All India Volleyball Championship: SRM Boys Clinched Silver

SRM IST Volleyball (Men) Players Won the SILVER MEDAL in the All India Inter University Volleyball (Men) tournament held at Mangalore University from 02nd to 09th January 2023 .

“SRMIST is the Only University in India which Carries the tradition of

winning tournaments around the year for the past 15 years .

SRM IST Volleyball men team have won more than 250 tournaments in different Parts of India”

God is proud of his own creations....

USA is proud of its unique

Democracy....

Japan is proud of its class Technology...

Nepal is proud of its highest peaks....

Switzerland is proud of its glittering Gold....

Israel is proud of its modern Agriculture...

France is proud of its rich Heritage....

Russia is proud of its Natural Resources...

India is Proud of its Rich culture...

SRM IST is proud of its young Mighty Talented volleyball Players

Our SRMIST Olympian Ms. Nethra emerges as Asian Sailing Champion



“It you Play in the rain - Gives Happiness

It You Swim in the Pond - Gives Satisfaction

If you Traverse in the

lake - Gives Freshness

If you Explore in the River - Gives Enjoyment

If you appraise your multi skills in the sea - Gives fame and recognition”

SRM IST Olympian Ms.Nethra Kumanan-IV-B.Tech (Mech)-WON GOLD in ILCA6 (Laser Radial) & WON SILVER in ILCA6 Open in Asian Sailing Championship on 16th Dec 2022, held Royal Varuna Yacht Club, Pattaya, Thailand.



Laurels - Belongs to SRM IST

SRM IST Sailor Ms.S.Jayalakshmi (I-MBA-RA2252001010163) Won the Bronze Medal at the YAI Sailing Championship held at Mumbai from 07th to 13th February 2023.



Celebration Never Ends

“The Yellow Angels of SRM IST have made us proud –

Before the sun rise

During the sunshine

After the sunset

The sun may disappear

The moon may appear

The wind may cross the shore

The rain may violently pour

But nothing is going to stop the
Jaguars SRM IST in reaching their
destiny belongs to us (SRM IST)”

Our SRM IST Kabaddi Men players “won the “BRONZE MEDAL” in the All India Inter University Kabaddi (M)Tournament held at Maharshi Dayanand University ,Rohtak from 16th to 20th December 2022 to have qualified for Khelo India University Games 2023.

Champion of Champions

“15 Long years of planned training

180 months of vigorous training

782 weeks of systematic training

5475 days of calculated training

131400 hours of heart filled training

Has made SRM IST the champion of
Champions in the history of
Volleyball in south India.

5 straight hat tricks is a record
Created by our Spirited players”

SRM IST Volleyball (Men) Players Won the GOLD MEDAL in the South Zone Inter University Volleyball (Men) tournament held at SRM IST, Kattankulathur from 23rd to 27th December 2022.





Early morning fog, mild rain, Eyes burning sun but their passion and dedicated spirit made them Win BRONZE Medal in the Tournament.

Climate Changes -Passion Remains

“It will be very tough to play cricket during the hot summer

It will be very tough to swim in the rough sea during the rainy season

It will be very tough to ride the bicycle during the festival season

It will be very tough to play outdoor sports during the monsoon season

It will be very tough to run marathon during the winter season

It will be very tough to play volleyball during the autumn season”

But Our Ball badminton girls team faced all the hurdles while playing in the All India Ball Badminton tournament held at Crescent University from 29th to 30th January 2023.



Crashing Victory by SRM IST

“The Shutting from the left front was lighting

The Jump Short from the right front was Thundering

The Sudden attack from the centre was ear splitting

The over head shot from the left back was roaring

The deafening shot from the Right back was blasting

This deadly combination by the SRM IST Ball

Badminton players made them champions in the All India Inter University Ball Badminton (Men) Tournament”

Defending Champions SRM IST Ball Badminton (Men) team Won the GOLD MEDAL in the All India Inter University Ball Badminton Men Championship conducted by Mangalore University, Mangalore from

SRM IST Smashes the Opponents

Our SRM IST Badminton Men team won the “GOLD MEDAL” in the South Zone Inter University Badminton Men Tournament -2022-2023 held

at Jain University, Bangalore from 28th to 30th November 2022 to have qualified for All India Inter University & Khelo India University Games 2023..



“A team will always appreciate a great individual if he’s willing to sacrifice for the group.” -Kareem Abdul Jabbar



Learn from Animal Kingdom

"Sharpness of a Eagle
Happiness of a Panda
Braveness of a Lion
Shrewdness of a crow
Holiness of a cow
Quickness of a Squirrel
Cleverness of a Jackal
Gentleness of a Elephant
Toughness of Rhinoceros
Wildness of Polar bear
Table Tennis is a
Combination of lot of
traits that has to be mixed

and accepted from animal
kingdom to become
Champion of Champion in
Sports Arena"

Our SRM IST Table Tennis
Men's team won the SILVER
MEDAL in the South Zone Inter
University Table Tennis(M)
Tournament held at Christ
university, Bangalore from 02nd
to 05th January 2023 and have
qualified for All India Inter
University Table Tennis(M)
Tournament & Khelo India
University Games 2023

SRM IST Adorable Dolphin

"THE ROUGH WATERS
THE SALTY BREEZE
THE POISONOUS SNAKES
THE DANGEROUS SHARKS
Can't stop the Flipper,the
most adorable dolphin in the
sea, to win a National Medal"

Our SRM IST Player
Ms.Jayalakshmi -I-MBA-
RA2252001010163 WON
THE SILVER MEDAL in the
YAI Senior National Sailing
Championship and Asian
Games trials 1 from 13th to
20th November 2022 held at
Mumbai .



Winners will rule the world

"Table Tennis is played in
different names around the
Globe ,Gossima,Whiff Waff,
Parlour Tennis, Indoor Tennis
,Pom - Pom, Pim -Pim ,The
player should posses

EAGLE'S EYES
LION'S TEMPERAMENT
TIGER'S ATTITUDE
BULL'S REACTION
ALLIGATOR'S PATIENCE

will lead to the kingdom of
Success."

Our SRM IST Table Tennis
Women's team won the GOLD
MEDAL in the South Zone Inter
University Table Tennis(W)
Tournament held at Jain University
Bangalore from 14th to 16th
November 2022 and have qualified
for All India Inter university &
Khelo India University Games
2023.





SRM IST Tennis Women's Team Enters All India Inter University and Khelo India University Games

“ The Rainy season has begun to fertilize the land and to give life to all Living beings

The light festival season has begun to fulfil every hearts with joy and happiness

The victory season of Sports for SRM IST has began to tell the world , and to show the strength, and supremacy to the entire sports fraternity “

Our SRM IST Tennis Women's team won the BRONZE MEDAL in

the South Zone Inter University Tennis(W) Tournament held at Jain University Bangalore from 10th to 12th November 2022 and have qualified for All India Inter university & Khelo India University Games 2023.



Where There is a Will -Victory follows

“The NO Moon Day was turned into full moon day in Bangalore and coloured the entire city with Rainbow colors by our SRM IST Badminton Golden Girls ..

R - RESISTANCE
A - ABUNDANT
I - INTENSITY
N - NAILED
B - BLOOMING
O- OUT
STANDING

W - WITH STAND

SRM IST Badminton Team was Crowned as South Zone Champions in the South Zone Inter University Badminton Tournament held at Jain University From 21st to 24th November 2022.

A New Grand Master is Born

“Chess was played by the kings, emperors and rulers, to relieve their stress and to plan their strategy to win the battle, but during the modern days the chess players should possess the following traits to win the battle in the Elite Chess tournaments.

Opponent killing patience

Balanced heartbeat

Continuous flow of blood

Relieving brain killing stress

Lightening filled fingers”

Chess player IM Harshavardhan GB of II B.Com, SRMIST WON GOLD MEDAL in the Asian juniors Chess

Championship held at Tagaytay city, Philippines from 18th November to 25th November 2022.

Harshavardhan scored an undefeated 7 points in 9 games to win the championship, and he has achieved his maiden Grandmaster norm.

A total of 32 selected players including 8 International Masters from various Asian countries viz., Guam, Indonesia, India ,Iran, Japan, Kazakhstan, Kyrgyzstan, Malaysia, Mongolia, Philippines and Vietnam participated in this prestigious championship.





SZ basketball: SRMIST Girls Bags Silver

SRMIST Women Basketball Team have clinched silver medal in South zone Inter University Basketball Championship for Women 2022-23, Organized by University of Madras. With this victory, the team have qualified for All India Inter University and Khelo India University Games.



SRM Men Hockey team claims a position in South Zone

SRMIST Hockey boys secured fourth position in the recently concluded south zone inter university championship, Organized by Christ University, Bangalore.



SRMIST men kabaddi team steals the show

“Kabaddi is a manly sport played with empty hands and filled mind with courage, confidence, bravery, aggressiveness, firmness, positiveness and sureness to win the tournament and to seal a place in the hearts of million Spectators”

Our SRM IST Kabaddi Men players won the “BRONZE MEDAL”

in the South Zone Inter University Kabaddi (M) Tournament held at Bengaluru City University, Bangalore from 07th to 10th December 2022 to have qualified for All India Inter University Kabaddi (Men) Tournament going to held at Maharshi Dayanand University, Rohtak, Haryana from 16th to 20th December 2022.



Work hard to achieve

“If you want to live longer - Eat well
If you want to look younger - Sleep well
If you want to work harder - Think well
If you want to dream smarter - Admire well
If you want to achieve bigger - Pray well

If you want to be a creator - Judge well
If you want to be a role model - Behave well
If you want to be a world class sports man - Sacrifice well
If you want to be winner throughout

your life time - Work Smarter”

SRM IST Volleyball Men Team won the state level invitation volleyball tournament held at Alangiyam, Tiruppur dist. From 3rd to 5th February 2023.



Victory Bells started Ringing

“SRM IST Volleyball girls are FEARLESS
SRM IST Makes other players REST LESS
SRM IST Opponents are always CLUELESS
SRM IST Fiery Actions mares’ others

ACTION LESS
SRM IST Victory Target is BOUNDLESS
SRM IST Volleyball Victories are ENDLESS”
Our SRM IST Volleyball (Women) team

Players Won the GOLD MEDAL in the South Zone Inter University Volleyball (W) Tournament from 27th to 31st December 2022 held at MG University, Kottayam, Kerala.

Enchanting Performance by SRMIST Boys

“Early morning enchanting Chillness

Captivating forenoon Sunshine
Delightful spectators appreciating Clamour

Charming Encouragement by the organisers

Heartful support from SRM IST Family

Made our SRM IST boys to perform to the core”

SRM IST Ball Badminton (Men) Players Won the GOLD MEDAL in the 40th Himalaya Sports Club state level Ball Badminton (M) Tournament from 30th December 2022 to 1st January 2023 held at Himalaya Sports Club ,Tirupur .





Hard work and team spirit will lead to the goal

"Football is the only Sport in the World that is played by 3/4 of the world Population. The Football Players Give their heart and soul to make wonders and Miracles in the field and to mesmerize the Supporters"

Our SRM IST Football Men team won the GOLD MEDAL in the Reliance Foundation Youth Sports -2022-2023 Football Tournament held at JN Stadium, Chennai 10th to 30th November 2022 and have qualified for South India Reliance Foundation Youth Sports -2022-2023 Football Tournament.

SRM IST Moves in the Right Directions

SRM IST Travels in Cardinal directions to conquer the world..

N - Nothing is Impossible
E - Eliminating the opponents
W - Winning at the right time
S - Selecting the moves at right direction

These are the winning secrets of SRM IST

Our SRM IST Chess (Women) Players Won the GOLD MEDAL in the South Zone Inter University Chess (W) Tournament held at Reva University, Bangalore from 12th to 15th December 2022.

TOURNAMENT 2022-23



Yoga for holistic health

Yoga is a holistic science that embodies basic and complex principles of one's mind and body and also the interconnectedness of one's phases of life.

Contrary to popular belief, it is not just a mere bunch of movements. The true meaning of yoga lies way beyond physical exercise, it is connecting one's body with one's thought process.

When we speak about Holistic development, it has not one but various aspects being physical, social, intellectual, emotional, and spiritual. In order to make steady advances across all dimensions of one's holistic development, one needs to make a lifestyle choice.

The imbalance or inadequacy of

the aforementioned dimensions is what leads to the whole spectrum of lifestyle diseases and shortcomings we see. Holistic wellness is key as it closes the loop between physical and mental well-being. This leads to not just the physical health being addressed, but also the mental health being uplifted from where it stands as well, reiterating the fact that one can't exist without the other.

Regular yoga practice strengthens the vagal tone which controls the rest and digesting ability in our bodies. It stimulates the parasympathetic nervous system, which is also responsible for rest and reduces stress levels, and also helps you sleep better.



Unique Record created by SRMIST Tennis Men Team

“SRMIST Tennis Men Team is as precious as Diamond – Oges Theyjo
Emerald – Krishna Teja
Ruby – Anish Frolin
Sapphire – Ajay Kannan
Alexandrite – Sharaniyan

The only University tennis team in India that has entered the All India Inter University Tournament 10 times

in 12 years. It's a Unique Record created by SRMIST Tennis team”

SRMIST Tennis Men team won the 2nd place in the South Zone Inter University tournament held at VIT, Vellore. From 19th to 25th November 2022

SRMIST Tennis Men Team Qualify for All India Inter University & Khelo University Games 2023.



Hard work Leads to Victory

“You need power of Elephant
You need kick of Kangaroo
You need Tactics of Jackal
You need strategy of Monkey
You need Patience of Alligator
You need force of python
You need killer instinct of lion
You need speed of cheetah
You need rhythm of bull
You need confidence of hyena, You need these traits

To win a medal in Taekwondo at state level tournament

Mr. Pranav Arjith Sankar R II-B.Tech CSE Core have qualified to represent Tamil Nadu in the Nationals which will be held in Nasik, Maharashtra Next Month.

Need more hours practice to Stay in Elite Group

“If you jog for ½ hour -Happiness follows

If you do weight Training for 1 hour -Health Follows

If you play for 1½ hours -Pleasure follows

If year sincerely practice for 2 hours – perfection follows

If you Implement 2 ½ hours of dedicated spirited move-Fame follows

If you play chess coins

with heart and soul -Victory follows”

Our SRM IST Chess (Men) Player Grand Master . Karthik Venkatraman of I MBA Won the MPL 59th Senior National Chess Championship -2022 organized by Delhi Chess Association from 22nd December 2022 to 03rd January 2023 held at Indira Gandhi Sports complex, New Delhi .



Golden Days are ahead

“Land of Rising Sun -Japan
Land of Thousand Lakes -Finland
Land of Charming Paradise -Jammu and Kashmir
Land of Pretty Pearls -Philippines
Land of Worshipful Holy Land -Israel
Land of Temple of Sports -SRM IST”

Our SRM IST Badminton (Men) Player Mr.Rithvik Sanjeevi (II-BBA) Won the GOLD MEDAL in the Yonex Sunrise All India senior Ranking Badminton Tournament from 22nd to 29th December 2022 held at Bareilly, Uttar Pradesh

Young Lioness Roars

Self - Realization

Self - Determination

Self - Absorption

Self - Dedication

Self - Appreciation

Self - Admiration

Self - Exaltation

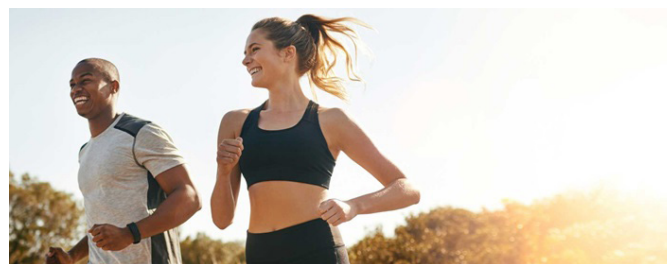
Self - Esteem

Self - Adoration

Will lead a young player to

achieve greater heights in life and Sports

Our SRM IST Badminton (Women) Player Ms.Rashmitha Donepudi (I - BBA - RA2251001010178) Won the GOLD MEDAL in the Yonex Sunrise Bangladesh Junior (mixed doubles) International Badminton Championship held at Dhaka Bangladesh from 12th to 15th December 2022



Physical Fitness through Physical Activity

Regular physical activity has historically been known as a protective factor in the prevention and treatment of dominant non-communicable diseases (NCDs), including heart disease, stroke, diabetes, and breast and colon cancer. And furthermore, it prevents other critical NCD risk factors including hypertension, obesity, and being overweight, and it's intertwined with better mental health, a delay in the onset of dementia, as well as an overall improved quality of life. Regular physical activity is one of the most important things you

can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity. Everyone can experience the health benefits of physical activity – age, abilities, ethnicity, shape, or size do not matter.



Olympian shows her supremacy

"The earth comprises 71% of water and the world's oceans hold approximately 96% of all the water on the planet.

It may be

Arabian Sea

Coral Sea

Weddell Sea

Caribbean Sea

Mediterranean Sea

Bering Sea

Sea of Okhotsk or any other seas that may exist, in this universe.

Our SRMIST blue whale Olympian Ms.Nethra

Kumanan has the will and power to overcome all the hardships to Win National Gold Medal"

Our SRMIST Olympian Ms.Nethra Kumanan -IV-B.Tech(Mech)- Won The Gold Medal in the YAI Senior Nationals Sailing Championship from 13th to 20th November 2022.

She has won 11th GOLD Medals in the Nationals held so far SRM ISTians Family members wish her to Win More medals in the Nationals and International Level.





Life Becomes Marvellous while winning

“Victories are marvelous because of Courageous playing

Victories are admired because of tireless gathering

Victories are accumulated because of constant patronising

Victories are made because of Spark crackling

Victories are happened because of creative thinking

Victories are achieved because of consistent playing

Victories are plucked because of endless planning

Victories are appreciated because of spectators caring”

Top Performance by Our SRM IST Volleyball (Women) Team Players Won GOLD MEDALS in Two Tournaments

Name of the Tournament : District Volleyball(W)championship

Organized by : Pinnacle Sports Club Chengalpattu

Date : 28th & 29th January 2023

Name of the Tournament : 04th Tamil Nadu state College Volleyball(W)championship

Organized by : Tamil Nadu state volleyball Association, JN Stadium Chennai

Date : 23rd to 27th January 2023

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Yoga for all

SRM IST, Department of yoga has started the programme “YOGA FOR ALL” students and faculty members are attending classes regularly. We have planned to introduce yoga therapy for the people who have been affected by

Stress, diabetes, PCOD, Obesity, Low back pain, concentration ,body and mind relaxation , problems asthma, migration .

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Venue : Directorate of Sports, Near Dental College, KTR Campus