

## SH STRIDERS – PHYSICAL FITNESS PROGRAMME (18/09/2018)

Department of Physical Education conducted a physical fitness programme "SH STRIDERS" on 18<sup>th</sup> September 2018. Students and staff participated in this sport event. It's a program for students of the college, mainly the hostelers to reach the college ground in the morning to have jogging and physical exercise. As a part of the program the students participated in a 10 Kilometer run organized by rotary club in the city.



SH Striders – Physical fitness Programme

# SH STRIDERS - PHYSICAL FITNESS PROGRAMME (18/9/18)

## LIST OF STUDENTS PARTICIPATED.

- |                               |                       |
|-------------------------------|-----------------------|
| 1) Aadhil N.A                 | Commerce              |
| 2) Angel Mary K.J.            | Commerce              |
| 3) Ales C.V.                  | Chemistry             |
| 4) Alga Albin                 | Botany                |
| 5) Aleen Valiaparambil Dennis | Physics.              |
| 6) Anwar Safu George          | Botany.               |
| 7) Amal T.K.                  | Physics               |
| 8) Amaljith P.J.              | Communication         |
| 9) Anysha Yasir.              | Communication.        |
| 10) C.S. Malavika             | Communication.        |
| 11) C.M. Manu Krishnan        | Physics.              |
| 12) Devika M.S.               | Physics.              |
| 13) Dion Augustine Babu.      | Botany.               |
| 14) Emmanuel Antony           | Communication.        |
| 15) Geminia Neenu             | Chemistry             |
| 16) Namritha R. Pillai        | Computer Application. |
| 17) Naundra Menon             | Computer Application. |
| 18) Nikhil Thomas Cyriac.     | Biology.              |
| 19) P.S. Athira               | Biology.              |
| 20) Parvathy V.S.             | Physics.              |



- 21) Poojima S.
- 22) Sona Monica James.
- 23) Sreekutty K.S.
- 24) Stevin K.A.
- 25) Sumithra V. Kamath.
- 26) Vaishnavi Singh.

Chemistry

Commerce.

Commerce.

Commerce

Botany

Economics.

