

## **LIFE SKILLS: YOGA SESSION (02/09/2018)**

Yoga enlivens human body and keeps people mentally and physically lively and dynamic. A Yoga session was conducted for the NSS volunteers on 2<sup>nd</sup> September 2018. Program officer, Dr. Remya Ramachandran led the sessions.



List of Participants				
Name of the Class: II Year , III Year Degree				
Name of Organiser : NSS Unit, Sacred Heart College, Thevara				
Date: 02-09-2018				
Name of the Programme: Yoga Session				
SL.No	Register Number	Name of the Student	Class/Stream	Remarks
1	17UCCA1311	APARNA SABU	II. Year B.Com Computer Application	✓
2	17UCCA1312	AKSHAY G PAPPACHAN	II. Year B.Com Computer Application	✓
3	17UCCA1313	ANUSREE S MENON	II. Year B.Com Computer Application	✓
4	17UCCA1314	LISAN R.K	II. Year B.Com Computer Application	✓
5	17UCCA1315	SHAMJITHA S	II. Year B.Com Computer Application	✓
6	17UCCA1316	AKSHAY M P	II. Year B.Com Computer Application	✓
7	17UCCA1317	AISWARYA K V	II. Year B.Com Computer Application	✓
8	17UCCA1319	CHANDANA DEEPESH	II. Year B.Com Computer Application	✓
9	17UCCA1320	ANJANA	II. Year B.Com Computer Application	✓
10	17UCCA1321	GEORGE KORUTH P	II. Year B.Com Computer Application	X
11	17UCCA1322	JOSEPH J PERAYIL	II. Year B.Com Computer Application	✓
12	17UCCA1323	CHITHRANJAL JOSE	II. Year B.Com Computer Application	✓
13	17UCCA1324	JOSEPH JOLLY	II. Year B.Com Computer Application	✓
14	17UCCA1325	KEZIA ANN MAMMEN	II. Year B.Com Computer Application	✓
15	17UCCA1326	MOHAMED ZAID NAZIM	II. Year B.Com Computer Application	✓
16	17UCCA1327	JOEL TOM PANJIKKARAN	II. Year B.Com Computer Application	✓
17	17UCCA1328	FATHIMA YASIR	II. Year B.Com Computer Application	✓
18	17UCCA1329	NINAN K. ALEX	II. Year B.Com Computer Application	X
19	17UCCA1330	RITIKA ELIZABETH JOSE	II. Year B.Com Computer Application	X

Total present - 16

Total absent - 3



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SL.No	Register Number	Name of the Student	Class/Stream	Remarks
1	17UCTT1413	SANJU JOHN IDICULLA	II. Year B.Com Travel and Tourism	✓
2	17UCTT1414	NITHEESH MENON	II. Year B.Com Travel and Tourism	✓
3	17UCTT1415	JOEL PJOSEPH	II. Year B.Com Travel and Tourism	✗
4	17UCTT1416	ROSE MARY VARGHESE	II. Year B.Com Travel and Tourism	✓
5	17UCTT1417	JOHNNIE JEREMIAH TRAVEN	II. Year B.Com Travel and Tourism	✓
6	17UCTT1418	ASHIK CHERIAN PHILIP	II. Year B.Com Travel and Tourism	✓
7	17UCTT1419	KHADEEJA AZAD	II. Year B.Com Travel and Tourism	✓
8	17UCTT1420	THERESA JOSEPH VADAKUMCHERY	II. Year B.Com Travel and Tourism	✗

Total present - 6

Total absent - 2



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Date: 02-09-2018				
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SL.No	Register Number	Name of the Student	Class/Stream	Remarks
1	16UBOT4701	ALIDA SOOSAN BENNY	III. Year B.Sc Botany	✓
2	16UBOT4702	VISHAL SATHEESH	III. Year B.Sc Botany	✓
3	16UBOT4703	UNAISA BEEVI M.P.	III. Year B.Sc Botany	✓
4	16UBOT4705	ASWIN G A	III. Year B.Sc Botany	✓
5	16UBOT4707	SHREYAS SAJEEV.T	III. Year B.Sc Botany	✓
6	16UBOT4709	JIBIN JOSEPH	III. Year B.Sc Botany	✓
7	16UBOT4710	SAVITHRI L	III. Year B.Sc Botany	✓
8	16UBOT4733	DAYANA SUNNY	III. Year B.Sc Botany	✓
9	16UBOT4743	RESHMA P N	III. Year B.Sc Botany	✓
10	16UBOT4744	GOPIKA B PILLAI	III. Year B.Sc Botany	✓
11	16UBOT4745	KRISHNAPRIYA K C	III. Year B.Sc Botany	✓

*All present.*



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1	16UCHE4602	MERIN JAMES KOOTTUNGAL	III. Year B.Sc Chemistry	✓
2	16UCHE4603	MARIYA MATHEW	III. Year B.Sc Chemistry	✓
3	16UCHE4605	ASWATHY BABU	III. Year B.Sc Chemistry	✓
4	16UCHE4605	ASWATHY BABU	III. Year B.Sc Chemistry	✓
5	16UCHE4606	ANITTA MARIA SHIBU	III. Year B.Sc Chemistry	✓
6	16UCHE4627	LINU VARGHESE	III. Year B.Sc Chemistry	✓
7	16UCHE4631	MEREETA T J	III. Year B.Sc Chemistry	✓
8	16UCHE4632	DIYA. N. C	III. Year B.Sc Chemistry	✓

*All present.*

*[Handwritten Signature]*



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1	16UMAT4401	VARSHA M V	III. Year B.Sc Mathematics	✓
2	16UMAT4415	MILIA JOSE	III. Year B.Sc Mathematics	✓
3	16UMAT4416	FENSY TOMY	III. Year B.Sc Mathematics	✓
4	16UMAT4442	ATHIRA AJAY	III. Year B.Sc Mathematics	✓

