

ACTIVITY NO: - 03

Department Name: - PHYSICAL EDUCATION

Event Name: - Inter National Yoga Day Celebration-YAMA 2022


Naipunnya®

To reach the unreachable

Date of event: 21/06/2022

Faculty In-charge: Mr.SREEJITH.P.A



SREEJITH. P.A
H.O.D & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308



Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

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REPORT

The International day of Yoga has been celebrated annually on 21st June since 2015, following its inception in the United Nations General assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India.

This year, the theme of International Yoga Day is "Yoga for Wellbeing". The department of Physical Education and National service Scheme Naipunnnya College, Koratty has organized "YAMA 2022" in connection with International Yoga day on 21st June 2022 at Navarang auditorium, NIMIT by 9.00am. The celebration is begun with a prayer by Ms.Devika.S.Nair of 2nd B.Sc. (CS) and Krishna.P.U of 2nd BA English, student followed by the welcome address by Mr. Sreejith.P.A, Head of the Department of Physical Education. Rev.Fr.Jose Krachira, Campus Minister, NIMIT delivered the presidential speech. The Chief Guest of the day- Rev.Fr. Baiju Varghese, Director, Athma Yoga Academy, Ponnurunni, Vyttila-Kochi, inaugurated the International Yoga Day celebration. He led a practical session on "YAMA 2022".

Prepared by:



Approved by:

®


Mr. SREEJITH.P.A

To reach the unreachable

Fr. Dr. PAULACHAN K.J

HOD of Physical Education

PRINCIPAL



SREEJITH, P.A

H.O.D & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308



Fr. Dr. PAULACHAN K.J.
Principal

DEPARTMENT OF PHYSICAL EDUCATION & NATIONAL SERVICE SCHEME UNIT NO: SF-03

Report on INTERNATIONAL YOGA DAY "YAMA 2022"

Date: 21st June 2022

Time: 9.00 a.m.

Venue: NAVARANG AUDITORIUM, NIMIT

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (Chitta) and mundane suffering (Duhkha). There is a wide variety of schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism, and traditional and modern yoga is practiced worldwide.

Yoga Boosts Self-Esteem and Confidence: Yoga helps to instill confidence and to bring learning to children on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. Yga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

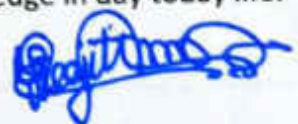
"The Goal is to manifest this divine within, by controlling nature external and internal. Do this either by work, or worship, or psychic control, or philosophy, by one, or more, or all of these- and be free. This is the whole of religion.

The International Day of Yoga was first commemorated on June 21, 2002, in the city of Setubal in Portugal under the guidance of Jagat Raja, who was awarded the Padma Shri in the year 2015. June 21 was chosen as the International Yoga day since it's the longest day of the calendar year, and is connected with the Sunlight and nature. It has no personal importance.

Yoga is an embodiment of unity, it helps to unite the mind and body, strengthen mind and consciousness and a holistic approach to health and well-being. Yoga means a disciplined lifestyle to attain physical health, mental health, social health and spiritual health. Yoga helps to discover the sense of oneness within you, the world and the nature. It also helps to understand the intricacies of nature and life and to use this knowledge in day today life.

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Name of the event: International Yoga Day Celebration "YAMA 2022"



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KERALA - 680 308

Contrary to political propoganda, yoga is a discipline which brings about the union of the Physical, Mental and spiritual through mental concentration and physical power. In Vedic Sanskrit, the literal meaning of the word yoga is "to add", "to join", "to unite", "to yoke "or "to attach", arising from the root "yuj".

The International day of Yoga has been celebrated annually on 21st June since 2015, following its inception in the United Nations General assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India.

This year, the theme of International Yoga Day is "Yoga for Wellbeing". The Department of Physical Education and National Service Scheme Naipunnya College, Koratty has organized a "YAMA 2022" in connection with International Yoga day on 21st June 2022 at Navaranga auditorium, NIMIT by 9.00 am. The celebration is begun with a prayer by Ms.Devika.S.Nair of 2nd B.Sc. (CS) and Krishna.P.U of 2nd BA English, students followed by the welcome address by Mr.Sreejith. P .A, Head of the Department of Physical Education. Rev.Fr.Jose Karachira , Campus Minister, NIMIT delivered the presidential speech. The Chief Guest of the day- Rev.Fr. Baiju Varghese, Director, Athma Yoga Academy, Ponnurunni, Vyttila-Kochi, inaugurated the International Yoga day celebration. He led a practical session on "YAMA 2022". It gave deep knowledge and had an interactive session for the participants. A total of 146 participants were gathered in the Navarang auditorium which include faculties, Degree and post graduate students from various departments. The program is concluded at 10.30 am with a vote of thanks by Mr. Tony .V.M, NSS Program officer and Asst. Prof. Dept. of Commerce, NIMIT.

On that day afternoon at 1.20pm, demonstration dance and yoga practice was held in Navarang Auditorium. 165 students participated in this session. The afternoon session ended at 2.15 pm.



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Rev.Fr. Dr.Paulachan.K.J

PRINCIPAL

Fr. Dr. PAULACHAN K.J.
Principal



DEPARTMENT OF PHYSICAL EDUCATION & NATIONAL SERVICE SCHEME UNIT NO: SF-03

INTERNATIONAL YOGA DAY "YAMA 2022"

Date: 21st June 2022

Time: 9.00 a.m.

Venue: NAVARANG AUDITORIUM, NIMIT



Sreejith P.A.
21/06/2022
Mr. SREEJITH.P.A

HoD of Physical Education

SREEJITH.P.A
H.O.D & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
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KERALA - 680 308



Paulachan K.J.
Fr. Dr. PAULACHAN.K.J

PRINCIPAL

Fr. Dr. PAULACHAN K.J.
Principal

1

Name of the event: International Yoga Day Celebration "YAMA 2022"

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)

PONGAM-KORATTY

INTERNATIONAL YOGA DAY "YAMA 2022"

PROGRAM SCHEDULE

Date: 21st June 2022

Time: 9.00 a.m.

Venue: NAVARANG AUDITORIUM, NIMIT

- Prayer** : Ms. Devika.S.Nair and Ms. Krishna.P.U
- Welcome Address** : Mr.Sreejith P A (HOD of Physical Education-NIMIT)
- Presidential Address** : Rev.Fr.Jose Karachira
Campus Minister (NIMIT)
- Inauguration &** : Rev.Fr.Baiju Varghese
- Demonstration** : Director, Athma Yoga Academy, Ponnurunni, Vyttila-Ernakulam
- Vote of Thanks** : Mr. Tony.V.M (NSS Program officer and
Assistant Professor, Dept. of Commerce, NIMIT)
- National Anthem** : Students

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THRISSUR DISTRICT
KERALA - 680 308




Fr. Dr. PAULACHAN K. J.
Principal

YAMA 2022

International Yoga Day Celebration



On Tuesday, 21 June 2022



From 9.00 am to 10.30 am



At Navarang (New Auditorium)



Chief Guest:

Baiju Varghese

(Director, Athma Yoga Academy,
Ponnuruni, Vyttila, Kochi)

Organized By:
DEPARTMENT OF PHYSICAL EDUCATION
IN ASSOCIATION WITH NATIONAL SERVICE SCHEME
NAIPUNNYA INSTITUTE OF MANAGEMENT
AND INFORMATION TECHNOLOGY (NIMIT)

(Affiliated to the University of Calicut. Accredited by NAAC with B++ ISO 9001-2015 Certified)
Pongam, Koratty East, Thrissur District, Kerala State, India. Pincode - 680 308



Sreejith P.A.
21/06/2022

Name of the event: International Yoga Day Celebration "YAMA 2022"

SREEJITH, P.A.
H.O.D & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISUR DISTRICT
KERALA - 680 308

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT) PONGAM, KORATTY

(Affiliated to the University of Calicut, Accredited by NAAC with B++, ISO 9001-2015 Certified)

21 JUNE 2022
INTERNATIONAL YOGA DAY

THE DEPARTMENT OF PHYSICAL EDUCATION
IN ASSOCIATION WITH
NATIONAL SERVICE SCHEME
UNIT NO: SF-03

Organises

Yoga Demonstration & Practice Session

1:20 PM | NAVARANG



Name of the event: International Yoga Day Celebration "YAMA 2022"

Sreejith P.A.
21/06/2022

SREEJITH. P.A
HOD & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 880 309



"God, you are so mighty and strong!" or "Loving Father, you hold the world in your hands." Thank God for his goodness and mercy. God is merciful, loving, and generous. Take the time to include worship in every prayer.

Prayer song by Devika .S. Nair (2nd B.Sc. CS) and Ms. Krishna .P.U (2nd BA English)



Sreejith P.K.
21/06/2022

SREEJITH, P.K.
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PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308



"The bitter past, more welcome is the sweet."-All's Well That Ends

Welcome Address by Mr. Sreejith.P.A, HOD of Physical Education, NIMIT



Sreejith P.A
21/06/2022

SREEJITH. P.A
HOD & ASS. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308



"Leave nothing for tomorrow which can be done today."

Presidential Address by Rev.Fr. Jose Karachira, Campus Minister, NIMIT



Sreetha P.A.
21/06/2022

SREETHA, P.A.
H.O.D & Asst. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
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KERALA - 680 308



I should be felicitated for the battle that I fight every another day for more sleep against morning!

Felicitation Speech by Ms. Teresa Parackal, Vice Principal, Academics, NIMIT



Sreejith P.A.
21/06/2022

SREEJITH. P.A.
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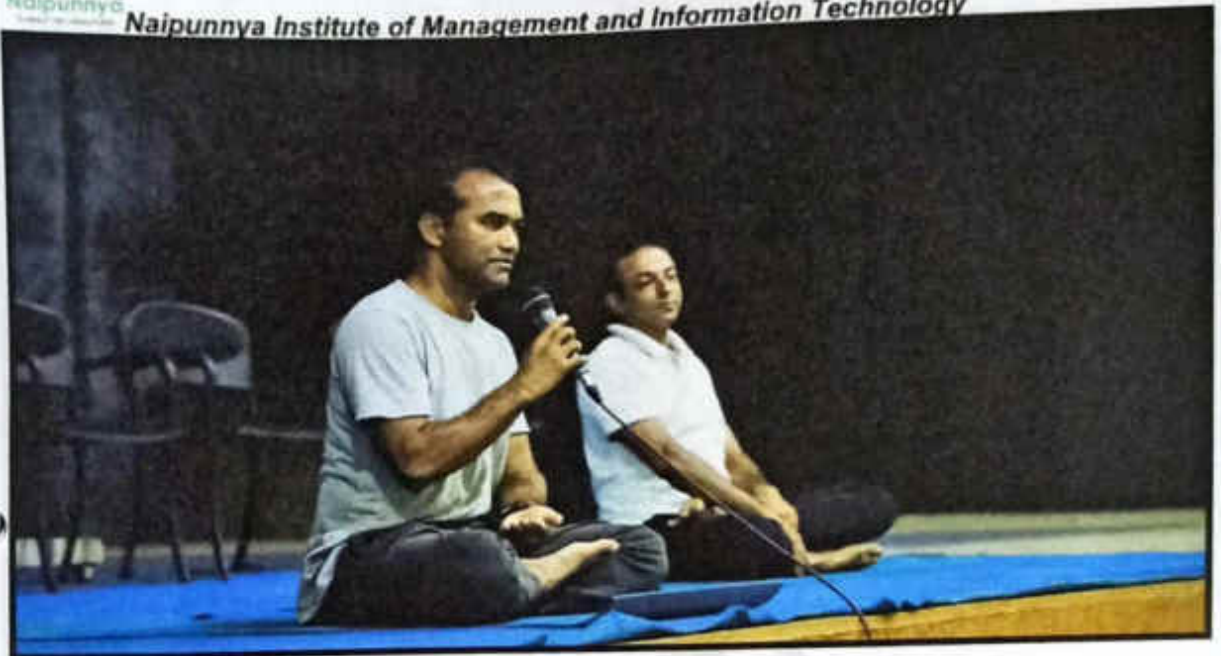
"Action is the fundamental Key to success."Yoga is the Action...

Felicitation Speech by Mr. Robert Fernandez, Vice Principal, campus Management, NIMIT



Sreejith P.A.
21/06/2022

SREEJITH. P.A.
H.O.D & ASST. PROFESSOR
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Signature
21/06/2022

SREEDHAR, P
HOD & Asst. PROFESSOR
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NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308



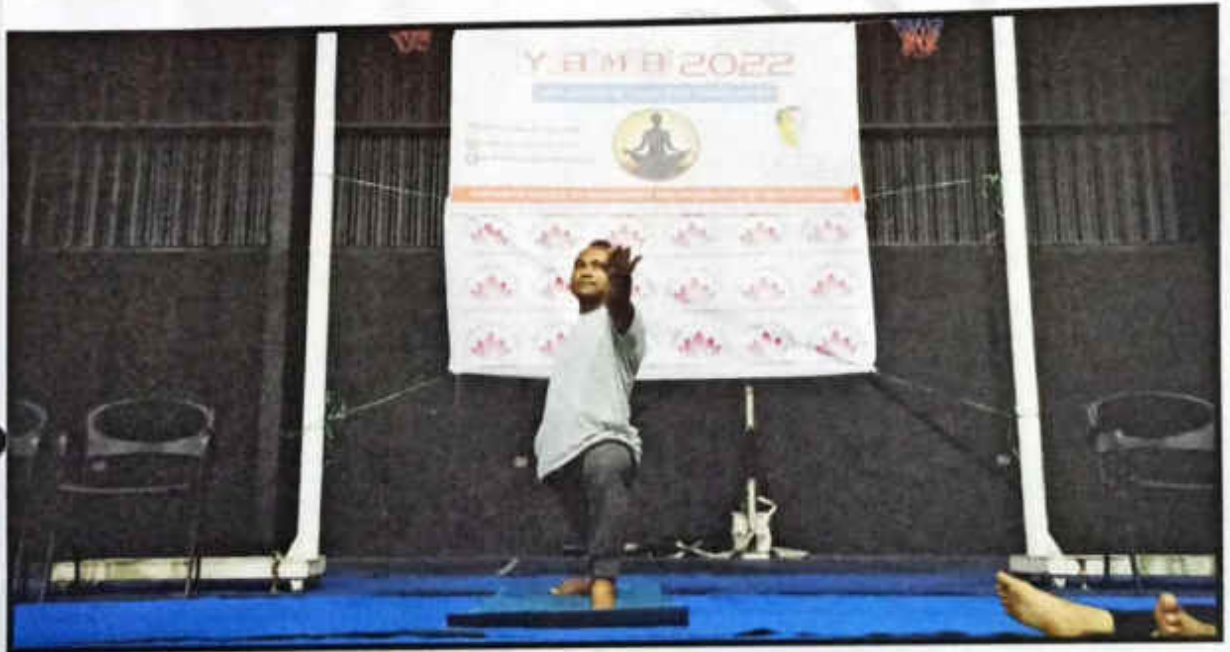
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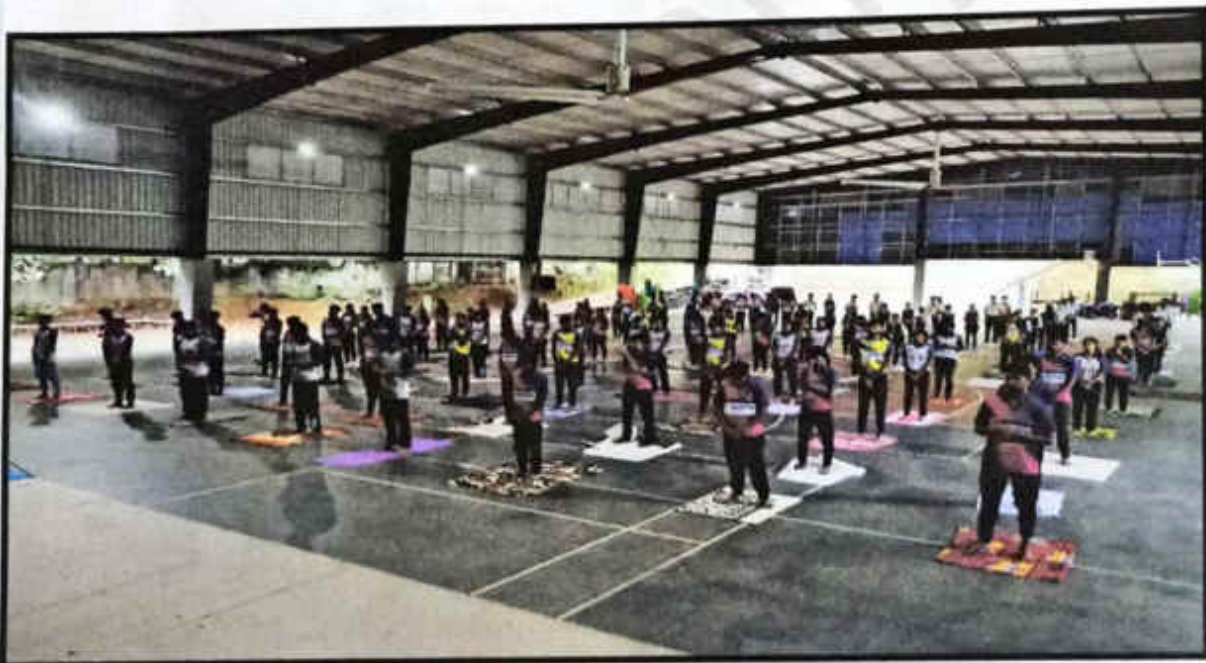


Sreedevi P.A.
21/06/2022

SREEDevi P.A.
H.O.D & Asst. PROFESSOR
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Sreedevi P.V.
21/06/2022



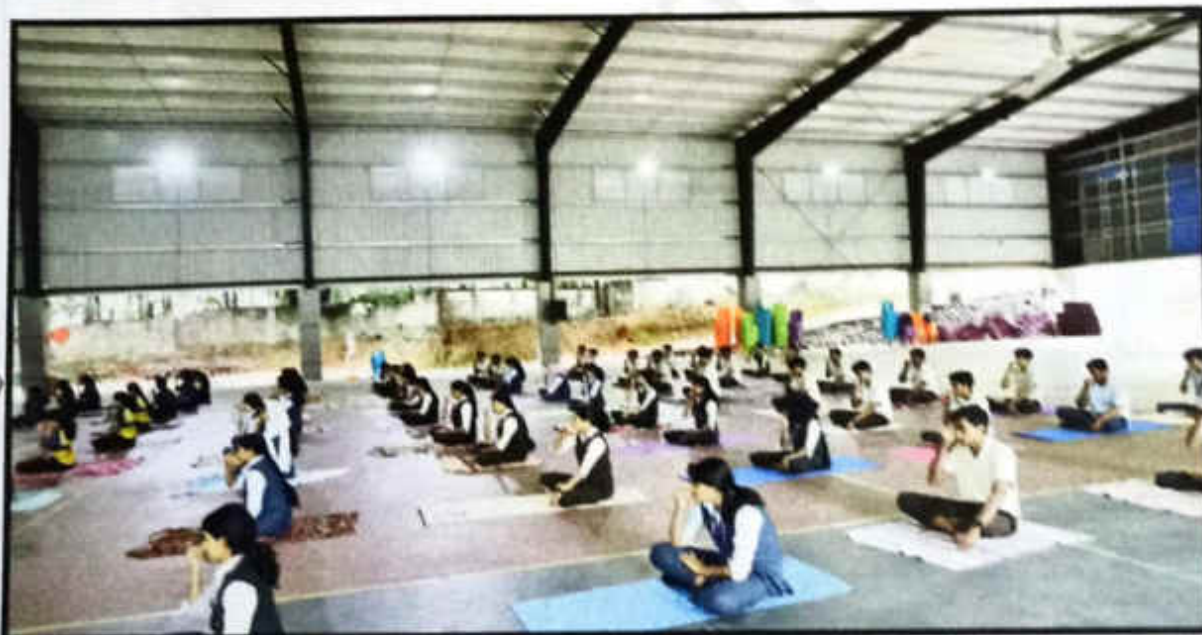
Sreetha P
21/06/2022

SREETHA, P.A
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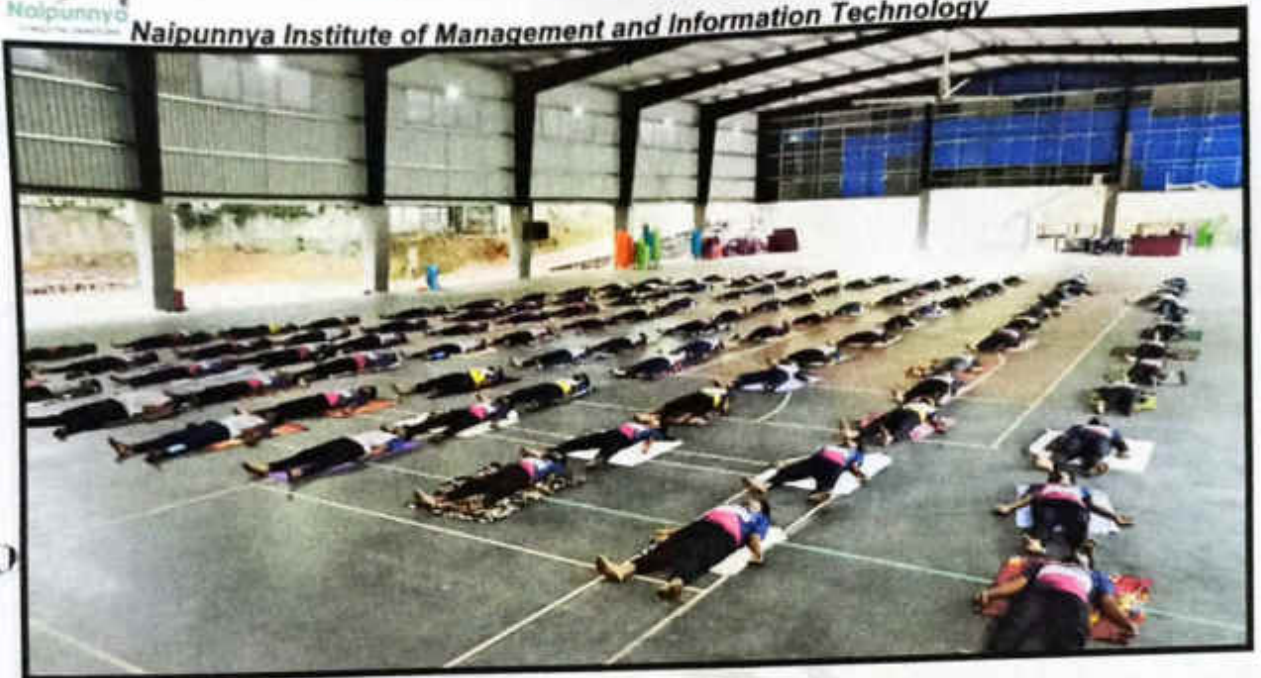
Sreejith P.A
21/06/2022

SREEJITH. P.A
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Sreejith P.K
21/06/2022

SREEJITH, P.K
HOD & ASL - PROFESSOR
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Shavasana Corpse Pose, or Mrtasana, is an asana in hatha yoga and modern yoga as exercise, often used for relaxation at the end of a session. It is the usual pose for the practice of yoga nidra meditation, and is an important pose in Restorative Yoga.



Sreejith P.A.
21/06/2022

SREEJITH. P.A.
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THRISUR DISTRICT
KERALA - 680 308



GPS Map Camera



Karukutty, Kerala, India

69WF+W3W, Naipunnya Nagar, Karukutty, Kerala 680308, India

Lat 10.247337°

Long 76.372788°

21/06/22 09:12 AM

"Leave nothing for tomorrow which can be done today."

Presidential Address by Rev.Fr. Jose Karachira, Campus Minister, NIMIT



Sreedhara P.P.
21/06/2022

SREEDHARA P.P.
H.O.D & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISSUR DISTRICT
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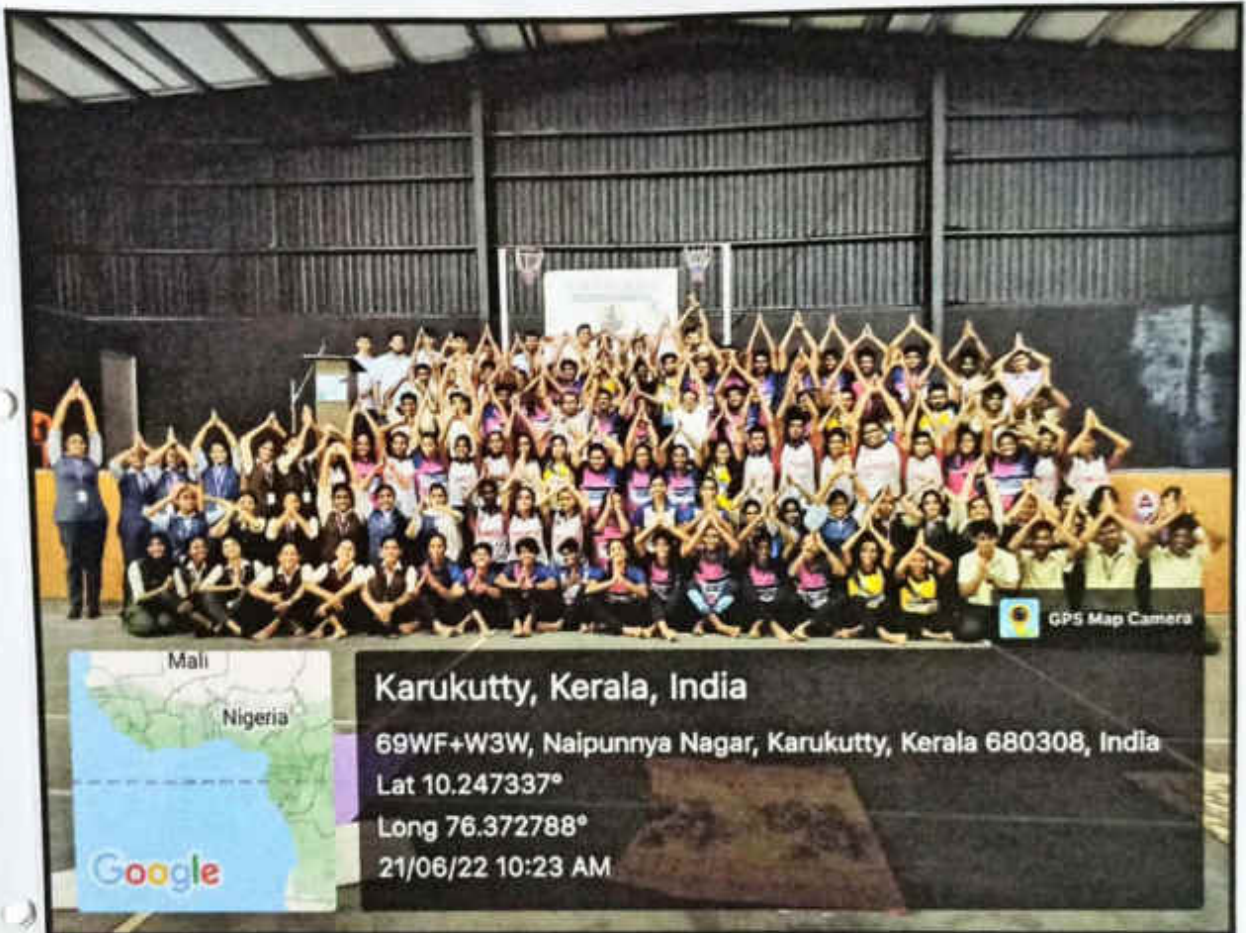
21/06/22 09:36 AM

Yoga Demonstration by Rev.Fr. Baiju Varghese, Director, Athma Yoga academy, Kochi and Mr. Bijoy Manjaly, Instructor, Athma Yoga Academy, Kochi.



Sreemitha P.P.
21/06/2022

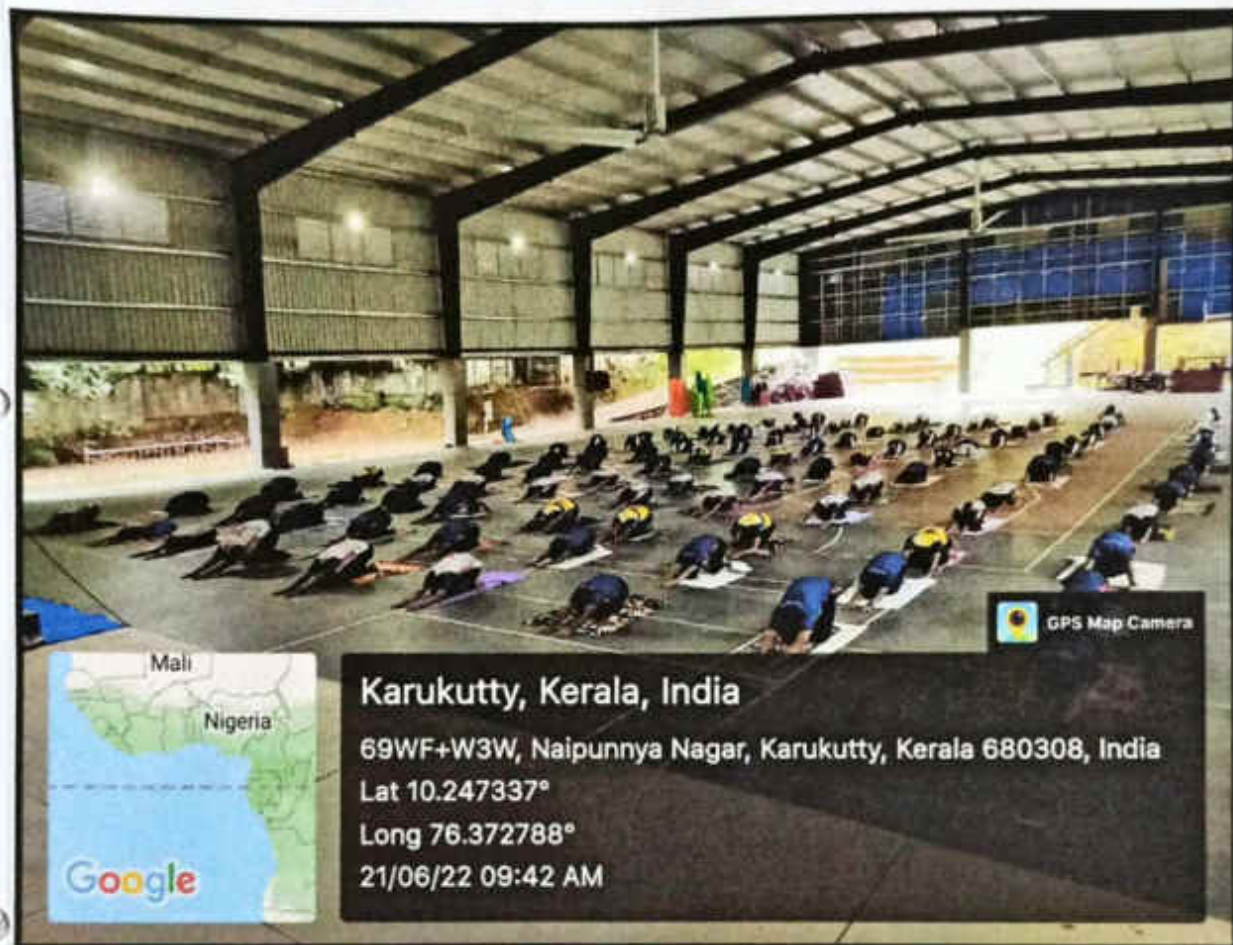
SREEMITHA P.P.
H.O.D & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308



An event where people do something to let others know what they think and to try to change their point of view...



Sreejith P.A.
21/06/2022
SREEJITH P.A.
H.O.D ASSIST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
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PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308



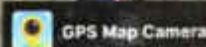
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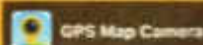
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"The world needs demonstration more than it needs teaching."



[Handwritten Signature]
21/06/2022
SREEDHAR P.P.
H.O.D & ASST. PROFESSOR
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PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308



Karukutty, Kerala, India

69WF+W3W, Naipunnya Nagar, Karukutty, Kerala 680308, India

Lat 10.247337°

Long 76.372788°

21/06/22 01:50 PM

Yoga Demonstration Dance by Students...



Sreejith P
21/06/2022

SREEJITH P. P.
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"A demonstration is more than worth a thousand words"



Sreejith P.A.
21/06/2022

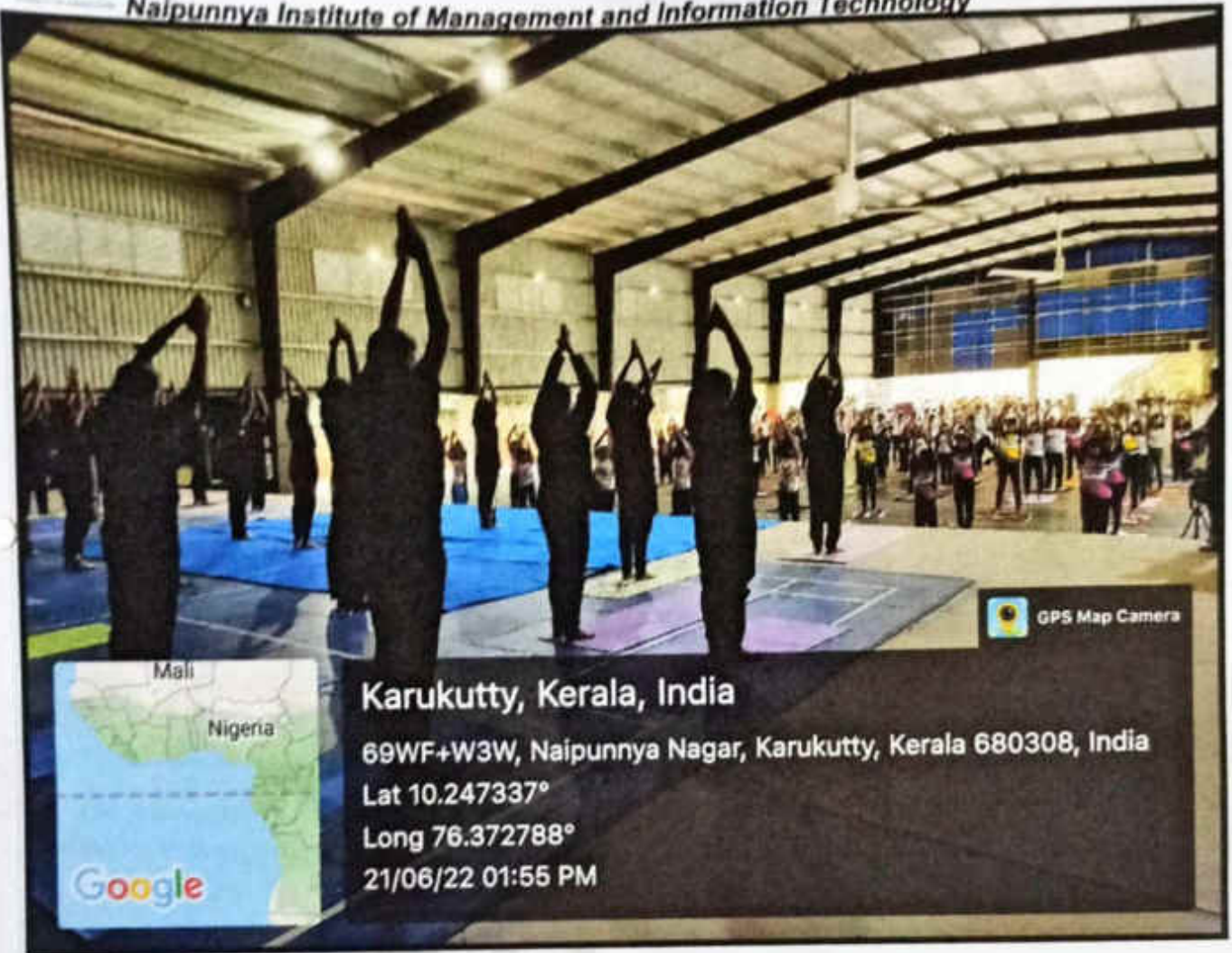
SREEJITH. P.A
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"This is not just a demonstration. This is a rebellion."



Sreejith P.S.
21/06/2022
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Karukutty, Kerala, India

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Lat 10.247337°

Long 76.372788°

21/06/22 01:55 PM

A march or gathering which people take part in to show their opposition to something or their support for something...



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21/06/2022
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PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680 308

14/06/2022

To

Rev. Fr. Baiju Varghese,
Director,
Athma Yoga Academy,
Kochi.


Respected Father,

We are honored and pleased to invite you as our *Chief Guest and Keynote Speaker* to the International Yoga Day – “YAMA 2022” which will be conducted on **21st June 2022** by the Department of Physical Education and NSS team, Naipunnya Institute of Management and Information Technology (NIMIT), Pongam. This is a NAAC accredited and ISO certified institute and it is our privilege to have you with us on this special occasion.

The inaugural function is scheduled at 09.00 am. We request your esteemed presence for inaugurating the function and enlighten us with yoga demonstration.

Kindly accept our invitation.

Yours faithfully,


Fr. (Dr). Paulachan K J
Principal.



NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)

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www.naipunnya.ac.in, mail@naipunnya.ac.in

DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE OF APPRECIATION

This is to certify that **Mr. BINOJ MANJALY** has served as Resource Person in the Webinar YAMA 2022, held in connection with International Yoga Day Celebration, organized by the Department of Physical Education, Naipunnya Institute of Management and Information Technology (NIMIT), Pongam, Koratty on 21st June 2022.



Mr. Sreejith P. A
HoD Physical Education
NIMIT



Rev. Fr. Dr. Paulachan K. J
Principal
NIMIT



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www.naipunnya.ac.in, mail@naipunnya.ac.in

DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE OF APPRECIATION

This is to certify that **Mr. BAIJU VARGHESE**, Director, Athma Yoga Academy, Ponnurunni, Vyttila-Kochi has served as Resource Person in the Webinar YAMA 2022, in connection with International Yoga Day Celebration, organized by the Department of Physical Education, Naipunnya Institute of Management and Information Technology (NIMIT), Pongam, Koratty on 21st June 2022.



Mr. Sreejith P. A.
HoD Physical Education
NIMIT



Rev. Fr. Dr. Paulachan K. J.
Principal
NIMIT



NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY

POGAM, KORATTY, THRISSUR, KERALA-680308














INTERNATIONAL YOGA DAY CELEBRATION

"YAMA 2022"

On 21st June 2022 at NAVARANG AUDITORIUM

9.00 am to 10.30 am

Attendance

Sl.No.	Name of the Student	Class	Signature
01	MAHIMA M NAR	B.com cop	
02	Abhisamod Shaif	Mcom	
03	Alcener Jose	MA English	
04	Angel Maria Golly	B.com F(A)	
05	Anju . A . j	MBA	
06	Anjana lakshmi . ps	B.com(CA)	
07	Hanna Roy	B.com cop	
08	Anhana Binesh	B.com(F)	
09	Angel Davis	BBA	
10	Angel Paul	B.com Co-op	
11	Ajina . K . k	M.com	
12	Anamika P	B.com Coop.	
13	Devika . S . Nalv	Bsc Cs	




21/06/2022


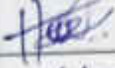













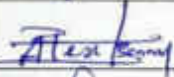



SREETHA, P.A.
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST
THRISSUR DISTRICT
KERALA - 680308

Sl.No.	Name of the Student	Class	Signature
14	Anjana P.B	B.com (op)	Anjana
15	Roshal Babu	BCA	Raj
16	Devika Ajith	B.com (finance)	Devika
17	Sreelakshmi S	B.com (F)	Sree
18	Sana	BA English	Sana
19	Vaishnavi S	B.com (CA)	Vaish
20	Muthan Mammam	BBA	Muthan
21	Abhaya U	BA - English	Abhaya
22	Akshaya Suresh T	B.com F (B)	Akshaya
23	Eal Mariya Joy	B.com F (A)	Eal
24	Megha MV	B.com F (A)	Megha
25	Alhira Dilip	B.com (F)	Alhira
26	Siby Abraham mathew	BBA 2nd	Siby
27	ASWIN'S	II nd B.A English	Aswin
28	Nikesh K Jayan	II nd B.com	Nikesh
29	Jestin John	II nd BBA	Jestin
30	Bebin Joseph	II nd B.com (FIN/CS)	Bebin
31	Deepesh M.S	II nd B.A English	Deepesh
32	Ajayan's	II nd B.com (O-op)	Ajayan



Sreejith P.A
21/06/2022

SREEJITH. P.A
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DEPT. OF PHYSICAL EDUCATION
NAIRANYIA COLLEGE
P.O. BOX 885 308
TRIPUNITHURUR DISTRICT
KANNUR - 690 308

Sl.No.	Name of the Student	Class	Signature
33	Abhinav. K	I st B.com.coop	
34	WAZZAN	III rd B.com (FIN)	
35	Aneesh. A S	III rd BSc CS	
36	Avinash. A. S	3 rd BA English	
37	ABHINAV. K. V	II nd B.com co.op	
38	Jobin Biju	II nd B.com F(A)	
39	VYSHN AV. T	II nd B.com co.op	
40	Bhuminath N.A	I nd B.com co.op	
41	Jishnu V.C	III rd BSc CS	
42	Aswin K Biju	I nd B.com fin	
43	adnan M	II nd BA Eng.	
44	Rance Thomas	T M.com	
45	SOURABH. M.B	II nd B.com. IA	
46	Pranav Santhosh	I nd BA English	
47	Aswin Antu	I nd M.com	
48	Alex Benny	I st B.com CA	
49	Ajith prajith	II nd B.com Fin(A)	
50	Arjun G	III rd B.com Fin (S)	
51	Abhinav T. Santhosh	I st B.com CA	




21/06/2022

SREEJITH. P.A
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DEPT. OF PHYSICAL EDUCATION
NAIRUNYA COLLEGE
THIRUVANANTHAPURAM
THIRUVARUR DISTRICT
KERALA - 680 202

Sl.No.	Name of the Student	Class	Signature
52	ARVILESH I	2 nd B.COM COOP	<i>Arvilesh I</i>
53	BLESSON K J	I st B.com CA	<i>ARJ</i>
54	Emmanuel James	2 nd BBA	<i>Emmanuel James</i>
55	Arijun. A.M	2 nd M.COM	<i>Arijun</i>
56	Navaneeth P.K	I B.com CA	<i>Navaneeth P.K</i>
57	Immanuel James	I st B.com	<i>Immanuel James</i>
58	Ana K. Siby	BA English	<i>Ana K. Siby</i>
59	Mahima K.A	B.com CA I st	<i>Mahima K.A</i>
60	Ashna Maria Jose	B.com Coop	<i>Ashna Maria Jose</i>
61	Krishna P.U	B.A ENGI	<i>Krishna P.U</i>
62	Nandini K.K	B.com Co-op	<i>Nandini K.K</i>
63	Anugraha P.A	B.com co op	<i>Anugraha P.A</i>
64	Aneesha Ismail	B.com co op	<i>Aneesha Ismail</i>
65	Sheetal M.P	BA Eng	<i>Sheetal M.P</i>
66	Akhila Hasi	BA Eng	<i>Akhila Hasi</i>
67	A.M. Arundhathy	II Sem F(A)	<i>A.M. Arundhathy</i>
68	Abel Sony	II Sem F(A)	<i>Abel Sony</i>
69	Aishwarya P.P	II Sem F(A)	<i>Aishwarya P.P</i>
70	Ajin Joby	II Sem F(A)	<i>Ajin Joby</i>



Sreeduth P.A.
21/06/2022

SREEDUTH, P.A.
TELE. & S.C. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIRUNYA COLLEGE
PONGAM, KOTTAYAM DISTRICT
THIRUVARUR DISTRICT
KOTLA - 686 308

Sl.No.	Name of the Student	Class	Signature
71	Albin Benny	11 Sem F(B)	
72	Alden Biju	11 Sem F(B)	
73	Aleena Tomy	11 Sem F(B)	
74	Aleen Vilson	11 Sem F(B)	
75	Aljo Varghese	11 Sem CO	
76	Alma Jose	11 Sem CO	
77	Alvina Maxim Johnson	11 Sem CO	
78	Alvin Joshy	11 Sem CO	
79	Alwin Pappochan	11 Sem CO	
80	Amal Baby	11 Sem B.A.	
81	Amitha S	11 Sem B.A.	
82	Anchel K.S.	11 Sem B.A.	
83	Anjana S. Nair	11 Sem B.A.	
84	Archa Subash	11 Sem B.A.	
85	Arjun M.P.	11 Sem BBA	
86	Devika Shajin	11 Sem BBA	
87	Dhinith P.V.	11 Sem BBA	
88	Emmanuel Paul	11 Sem BBA	
89	Estha Thomas	11 Sem BBA	



21/06/2022

SREEJITH, P.A
 H.O.D & ASST. PROFESSOR
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 NAIRUNYA COLLEGE
 PONGAM, KORATTY EAST
 KERALA - 686 309

Sl.No.	Name of the Student	Class	Signature
90	Fasma Nairis	11 Sem CA	<i>Fasma</i>
91	Gourav M.S.	11 Sem CA	<i>Gourav</i>
92	Hanna Ashraf	11 Sem CA	<i>Hanna</i>
93	Taijo Taison	11 Sem CA	<i>Taijo</i>
94	James Varikkassey	11 Sem CA	<i>James</i>
95	Joe Paul Anbu	11 Sem BCA	<i>Joe</i>
96	Joseph Nelson	11 Sem BCA	<i>Joseph</i>
97	Laulet P.J.	11 Sem BCA	<i>Laulet</i>
98	Megha Muneesh	11 Sem BCA	<i>Megha</i>
99	Mehfas Nishaf	11 Sem BCA	<i>Mehfas</i>
100	Nandhana Gopinathan	11 Sem BCA	<i>Nandhana</i>
101	Nandhana Ramesh	11 Sem BCA	<i>Nandhana</i>
102	Rahul V.R.	11 Sem BCA	<i>Rahul</i>
103	Riches S. Vichad	11 Sem B.Sc	<i>Riches</i>
104	Rosmi Biju	11 Sem B.Sc	<i>Rosmi</i>
105	Sanjay Sali	11 Sem B.Sc	<i>Sanjay</i>
106	Shahana Shomavas	11 Sem B.Sc	<i>Shahana</i>
107	Shaine Shajin	11 Sem B.Sc	<i>Shaine</i>
108	Shajin Joy	11 Sem B.Sc	<i>Shajin</i>



Sreejith P.A.
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SREEJITH. P.A.
H.O.D & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KORATTY EAST

Sl.No.	Name of the Student	Class	Signature
109	Sheetal K.R.	B. Com CA	<i>Sheetal</i>
110	Shine Shaji	B. Com CA	<i>Shine</i>
111	Snowmol George	B. Com F(A)	<i>Snowmol</i>
112	Sona Shiji	B. Com F(A)	<i>Sona</i>
113	Thara Sajam	B. Com F(A)	<i>Thara</i>
114	Tom Shibu	B. Com F(A)	<i>Tom</i>
115	Akera C.D.	B. Com F(B)	<i>Akera</i>
116	Aishwarya Rajesh	B. Com F(B)	<i>Aishwarya</i>
117	Jyothika Babraj Nair	B. Com F(B)	<i>Jyothika</i>
118	Abhijith C.B.	B. Com F(B)	<i>Abhijith</i>
119	Annet K. Davis	11 sem HMCS A	<i>Annet</i>
120	Ebrahim Badusha	11 sem HMCS A	<i>Ebrahim</i>
121	Gusto	11 sem HMCS A	<i>Gusto</i>
122	Amal Krishna	11 sem HMCS A	<i>Amal K.</i>
123	Habin Thomas	11 sem HMCS B	<i>Habin</i>
124	Joseph Mathew	11 sem HMCS B	<i>Joseph</i>
125	Nixmal Paulose	11 sem HMCS B	<i>Nixmal Paul</i>
126	Robin Varghese	11 sem HMCS B	<i>Robin</i>
127	Sanjay T.S.	11 sem HMCS B	<i>Sanjay T.S.</i>



Sreejith P.A.
21/06/2022

SREEJITH. P.A.
H.O.D & ASST. PROFESSOR
DEPT OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAM, KOTTAYAM EAST

Sl.No.	Name of the Student	Class	Signature
128	Alvin Simon	11 Sem HMCA	
129	Kalidas Suresh	11 Sem HMCA	
130	Shahin M.P.	11 Sem HMCA	
131	Alan K. Joy	11 Sem HMCA	
132	Jonathan Thattungal	11 Sem HMCA	
133	Nivin Shyjin	11 Sem BHA	
134	Srechari K.S.	11 Sem BHA	
135	Abhin V.R.	11 Sem BHA	
136	Albey Thomas	11 Sem BHA	
137	Criswin Shajin	11 Sem BHA	
138	Albin Benny	11 Sem B.A.	
139	Justin Poulse	11 Sem B.A.	
140	Anupam Sekhar	11 Sem B.A.	
141	Gourav M.S.	11 Sem BBA	
142	Geopikrishna	11 Sem BBA	
143	Toshwa	11 Sem BBA	
144	Ajini	11 Sem BBA	
145	Leeban	11 Sem BBA	
146	Abel Shaji	11 Sem F.A	



SREEJITH. P.A
 H.O.D & ASST. PROFESSOR
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 NALPUNNYA COLLEGE
 PONGASE, SORETTY EAST
 TRIPUNITHURUR

21/06/2022

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY

POGAM, KORATTY, THRISSUR, KERALA-680308

INTERNATIONAL YOGA DAY CELEBRATION

"YAMA 2022" - Demonstration Dance

On 21st June 2022 at NAVARANG AUDITORIUM

1.30 pm to 2.30 pm

Attendance

Sl.No.	Name of the Student	Class	Signature
01	Ashwin Anbu	II nd M.COM	
02	Jestin John	II nd BBA	
03	Bebin Joseph	II nd B.COM FIN(CO)	
04	Siby Abraham mathew	II nd BBA	
05	Nikesh.K.Jayan	I st B.com	
06	ASWIN.S	II nd B.A-English	
07	Deepesh MS	II nd BA English	
08	HEERON THOMAS	III rd B.COM FIN	
09	Ashyan S	II nd B.COM CO	
10	Arijun. A-M	II nd M.com.	
11	Prince Thomas	I st M.COM	
12	Pranav Santhosh	II nd year BA English	
13	Jobin Biju	II nd B.COM P(A)	

21/06/2022

SREEJITH. P.A
H.O.D & Asst. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
POGAM, KORATTY EAST



Sl.No.	Name of the Student	Class	Signature
14	VYSHNAV.T	II nd B.COM COOP	
15	ABHINAVO.K.V	II nd B.COM COOP	
16	AKHILESH.S	II nd B.COM COOP	
17	JISHNU.V.C	II nd BSC CS	
18	SALMON.P.T	II nd BA ENCH	
19	BHUMINATH.N.A	II nd B.COM CO.OP	
20	SOURABH.M.B	II nd B.COM CA	
21	Immanuel James	I st B.COM CA	
22	Gokul. G	II B.COM FIN & B	
23	Rajin Prince	II B.COM Fin A	
24	Navaneeth.P.K	I B.COM CA	
25	Aswin.K.Raju	II B.COM F	
26	Emmanuel James	II BBA	
27	Abhinav.K	I st B.COM CO.OP	
28	Blessan.K.J	I st B.COM CA	
29	Alex Benny	I st B.COM CA	
30	Abhinav G. Santhosh	I st B.COM CA	
31	Aneesh.A.S	III rd BSC CS	
32	Avinash.A.S	3 rd BA english	

21/06/2022



SREEJITH. P.A
H.O.D & Asst. PROFESSOR
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NAIRUNNYA COLLEGE
PONGAU, KORATTY EAST
THRISUR DISTRICT
KERALA - 686 308

Sl.No.	Name of the Student	Class	Signature
33	MAHIMA M NAIR	B.com cop	<i>[Signature]</i>
34	ATHIRAMOL SHASI	M.com	<i>[Signature]</i>
35	ARUNA SOSE	MA English	<i>[Signature]</i>
36	ANGEL MARIA JOLLY	B.com Finance(A)	<i>[Signature]</i>
37	Anjana lakshmi-PS	B.com (CA)	<i>[Signature]</i>
38	Anja-Aj	MBA	<i>[Signature]</i>
39	Hanno Roy	B.com Cop	<i>[Signature]</i>
40	Archana Binesh	B.com (F)	<i>[Signature]</i>
41	Angel Davis	BBA	<i>[Signature]</i>
42	Angel Paul	B.com Co-op	<i>[Signature]</i>
43	Ajina K.K	M.com	<i>[Signature]</i>
44	Anamika P	B.com coop	<i>[Signature]</i>
45	Devika S.Nusr	Bsc Cs	<i>[Signature]</i>
46	Ajina P.B	B.com cop	<i>[Signature]</i>
47	Rashal Babu	BCA	<i>[Signature]</i>
48	Devika Ajith	B.com (F)	<i>[Signature]</i>
49	Soeelakshmi-s	B.com (F)	<i>[Signature]</i>
50	Ahira Dileep	B.com (F)	<i>[Signature]</i>
51	Akshaya Suresh-T	B.com (A) B	<i>[Signature]</i>




 21/06/2022
SREEJITH. P.A
 H O U S E S I . P R O F E S S O R
 D E P T . O F P H Y S I C A L E D U C A T I O N
 N A I P U N N Y A C O L L E G E
 P O N G A M , K O R A T T Y E A S T
 T H R I S S U R D I S T R I C T
 K E R A L A - 6 8 0 2 0 8

Sl.No.	Name of the Student	Class	Signature
52	Valshnavi S	B.com CA	
53	Abhaya U	Ba English	
54	Meetha NANNAN	BBa	
55	Sana	Ba English	
56	Meegha M.V	B.com (Fin) A	
57	Balmariga Joy	B.com Fin A	
58	Nandini K.K	B.com CO OP	
59	Akhila Uai K.V	BA Eng	
60	Sheetal M.P	BA Eng	
61	Anu K. Siby	BA Eng	
62	Anugraha P.A	B.com CO OP	
63	Ashna Maria Jose	B.com CO OP	
64	Aneesha Ismaiel	B.com CO OP	
65	Krishna P.U	B.A ENG	
66	Muhsina K.A	B.com CA	
67	A M Arundhathy	BHA	
68	Abel Somy	B.Sc HMCA	
69	Aiswarya P P	HMCSA	
70	Ajin Soby	HMCSA	

21/06/2022



SREEJITH, P.A.
HOD & ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
NAIPUNNYA COLLEGE
PONGAL, KORATTY EAST

Sl.No.	Name of the Student	Class	Signature
71	Albin Benny	BS, CS	
72	Alden Biju	BCA	
73	Alcena Pomy	BBA	
74	Alcena Wilson	BCom Co	
75	Aljo Vaghure	BCom FinA	
76	Alna Jose	BCom CA	
77	Alreena Merin Johnson	BHA	
78	Alvin Sorby	BS, HMCA	
79	Alwin Pappachan	HMCS A	
80	Amal Baby	HMCS B	
81	Amritha S	BSc CS	
82	Anchel KS	BCA	
83	Anjana S Maria	BBA	
84	Archagabharth	BCom CO	
85	Arjun MP	BCom FinA	
86	Devika Shaju	BCom CA	
87	Dhinich PV	BHA	
88	Emmanuel Paul	BSc HMCA	
89	Seha Thomas	HMCS A	



21/06/2022
SREEJITH. P.A
 (H.O.BASE) PROFESSOR
 DEPT. OF PHYSICAL EDUCATION
 NAIRUNYA COLLEGE
 PONGAM, KORATTY EAST
 KERALA - 686 303

Sl.No.	Name of the Student	Class	Signature
90	Farna Nausin	HMCS B	
91	Crousar MS	BSc CS	
92	Hanna Arhasaf	BCA	
93	Raijo Davon	BBA	
94	James Varikkassey	BCom Co	
95	Joe Paul Antu	BCom Fin A	
96	Joseph Nelson	BCom CA	
97	Laslet P J	BHA	
98	Megha Murekesh	BSc HMCA	
99	Mehfar Nishad	HMCS A	
100	Nandhana Gopinathan	HMCS B	
101	Nandhana Ramesh	BSc CS	
102	Rahul V R	BCA	
103	Riches S Vichad	BBA	
104	Rosmi Bijn	BCom Co	
105	Sanjay Sali	BCom Fin A	
106	Shahana Shanavas	BCom CA	
107	Shaine Shajn	BHA	
108	Shajn Jay	BSc HMCA	





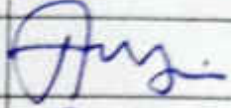

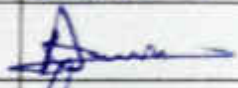


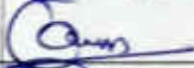

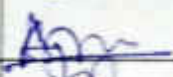




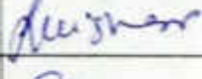




SREETHA P.A.
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 DEPT. OF PHYSICAL EDUCATION
 NAIPUNNYA COLLEGE
 PONGAM, KORATTY EAST
 THRISSUR DISTRICT

21/06/2022

Sl.No.	Name of the Student	Class	Signature
109	Shetal K R	HMCS A	
110	Shine Shaju	HMCS B	
111	Snowmel George	BSc CS	
112	Sona Shibu	BCA	
113	Thara Jayan	BBA	
114	Pom Shibu	BCom CO	
115	Aleena C D	BCom Fin A	
116	Aishwarya Rajesh	BCom CA	
117	Lyothika Baburaj Nair	BHA	
118	Abhijith C B	HMCSA	
119	Annet K Davis	HMCSA	
120	Ebrahim Badusha	HMCSA	
121	Habin Thomas	HMCS B	
122	Joseph Mathew	HMCS B	
123	Normal Poulose	HMCS B	
124	Alvin Simon	HMCA	
125	Kalidas Juvesh	HMCA	
126	Shalin M P	HMCA	
127	Nivin Shyju	BHA	



SREEJITH. P.A.
 H.O.D & ASST. PROFESSOR
 DEPT. OF PHYSICAL EDUCATION
 NAIPUNNYA COLLEGE
 PONGAM, KORATTY EAST
 21/06/2022

Sl.No.	Name of the Student	Class	Signature
128	Suresh K S	BHA	
129	Abin V R	BHA	
130	Albin Benny	BA	
131	Sudh's Panlore	BA	
132	Anupam Sekhar	BA	
133	Govind MS	BBA	
134	Sanjay Josemen	B Com Fin B	
135	Cropikrishna	BBA	
136	Abel Shaji	B Com Fin A	
137	Ajin Prince	B Com Fin A	
138	Ashwin K Biju	B Com Fin A	
139	Semin Jose	B Com Fin B	
140	Sanjay Josemen	B Com Fin B	
141	Shaine Shaji	B Com CO	
142	Justinson Baiju	B Com CO	
143	Shanu Biju	B Com CO	
144	Baijo Dawson	B Com CO	
145	Rahul V. R	B Com CO	
146	Joseph Mathachan	B Com CA	




 21/06/2022
 SREEJITH, P. S.
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 DEPT. OF PHYSICAL EDUCATION
 NAIRANYA COLLEGE
 NAIRANYA, TRIPUNITHUR
 ERNACULAM DISTRICT

Sl.No.	Name of the Student	Class	Signature
147	Joseph Nelson	BCom CA	
148	Paraman Rajeev	BCom CA	
149	Leo P.J.	BCom CA	
150	Don Paulose	HMCS A	
151	Cyril P.B	HMCSA	
152	Athul Babu	HMCSA	
153	Albin Shaji	HMCS A	
154	Basil Crisito	HMCS A	
155	Fredy Jose	HMCS B	
156	Cleon Shaji	HMCS B	
157	Godwin Devassy	HMCS B	
158	Deena Jose	HMCS B	
159	Seevan Baby	HMCS B	
160	Akhil Sunni	HMCA	
161	Arin George	HMCA	
162	Ranal Benny	HMCA	
163	Athul Ranab	BBA	
164	Alphon Roy	BBA	
165	Shoj Sunil	BBA	



21/06/2022

SREEJITH. P.A
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 PIN - 695 024