

**Department Name: PHYSICAL EDUCATION**

**Event Name: Add-On Course**

**Health and Physical Fitness 2022-2023**

**Course Code: NPEHPF01**

**Naipunnya**<sup>®</sup>  
To reach the unreachable

**Date of event: 14/09/2022- 25/10/2022**

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



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

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PONGAM, KORATTY EAST

NO. NIMIT/NPE/HPF/01/2022-23

Date: 09/09/2022

Circular

The Add-On Program NIMIT/NPE/HPF/01 Health and Physical Fitness for the students of 2<sup>nd</sup> Year B. Com, BBA, B. Sc. CS, BCA, BA English, 3<sup>rd</sup> BCA, 3<sup>rd</sup> B. Com, 1<sup>st</sup> M. Com, 1<sup>st</sup> M. Sc. CS, 2<sup>nd</sup> M. Com will commence from 14/09/2022.

Add on course Code	: NPEHPF01
Name of the Add on Course	: Health and Physical Fitness
Name of the provider	: Department of Physical Education
Venue	: Class rooms, Main Ground & Basketball court

All students are expected to participate in the Add-on program without fail.



**Dr. PAULACHAN K.J.**  
**Principal**

## REPORT

Physical Exercise helps to strengthen the muscles that support the body's weight, leading to functional strength. It is also fantastic for building core strength. This improves athletic performance and functionality in everyday life, while keeping safe from injury.

Physical training is given every day to the students of various games who are training in the sports scheme of the Naipunnya College, Koratty. Physical training is done with the aim of making students physically, mentally, emotionally, spiritually and socially fit. Physical exercise practice is done every day after the morning practice. In many games, training starts at 6.00 am and ends at 7.30 am. After that the physical exercise practice starts. Physical exercise training is given to students under the sports scheme of Naipunnya College through a program named "Health and Physical Fitness". Various students are assigned each day to demonstrate different types of exercise practice. This also helps to increase the leadership quality in students.

Add-on courses can provide several benefits to students, including enhancing their skill set, increasing their employability, providing flexibility in their academic schedule and allowing for personal growth and exploration of new interests. Add on course related to Physical Education was started on 14/09/2022. The name of the course is Health and Physical Fitness. 23 students have joined this course. The duration of this course was 30 hours. The definition of Health, meaning of Health and Physical Fitness, importance of physical fitness, scope, need, various physical exercises and the use of body parts were studied by the students as part of the Health and Physical Fitness course syllabus. The Health and Physical Fitness Syllabus included physical exercises classes that would benefit the students in the future. On 25<sup>th</sup> October 2022 add- on course related to Physical Education was completed by teaching 30 sessions as per the syllabus. After that, assignments, practical examination and theory examination were conducted for the students related to add- on course.

Prepared by: Mr. SREEJITH P.A.



Approved by: Principal

P.F. Dr. PAULACHAN K.J.  
Principal

SREEJITH. P.A  
H.O.D & ASST. PROFESSOR  
DEPT. OF PHYSICAL EDUCATION



**DEPARTMENT OF PHYSICAL EDUCATION**

**Presents**

**ADD ON COURSE**

**HEALTH AND PHYSICAL FITNESS  
2022-23**



**For 2nd B. Com, 2nd BBA, 2nd B. Sc. CS, 2nd BCA, 2nd BA English,  
3rd BCA, 3rd B. Com, 1st M. Com, 1st M. Sc. CS, 2nd M. Com.**

**Course Starts  
On  
14/09/2022**



**NAIPUNNYA INSTITUTE OF MANAGEMENT  
AND INFORMATION TECHNOLOGY (NIMIT)**

**DEPARTMENT OF PHYSICAL EDUCATION**  
**SYLLABUS OF ADD ON COURSE FOR DEGREE & PG**  
**HEALTH AND PHYSICAL FITNESS**

<b>CONTACT HOURS</b>	<b>: 30</b>
<b>MARKS</b>	<b>: 75 (Theory: 50 and Practical: 25)</b>
<b>DURATION OF THE EXAMINATION</b>	<b>: 2 Hours</b>

**OBJECTIVES**

On completion of this course, the students will be Able to:

1. Acquire knowledge about Exercise
2. Understand the Physical fitness
3. Understand the health related Physical Fitness and Performance related Physical fitness
4. To know the importance of Health and Nutrients

**UNIT-1**

**EXERCISE PRINCIPLES:**

Definition of Exercise, Principles of exercise program, Types of exercise, Benefits of Exercise.

**UNIT-2**

**PHYSICAL FITNESS:**

Definition of Physical Fitness, Meaning of Physical Fitness, Types of Physical Fitness, Need and importance of Physical Fitness. Types of Physical Fitness- Health related Physical Fitness, Performance related Physical fitness and Cosmetic fitness. Fitness Assessment- Body Mass Index

**UNIT-3**

**HEALTH AND NUTRITION:**

Concept of Food and Nutrition, Classification of Nutrients, Role of Nutrients in Human Body, Nutritional Values of different Food Items, Diet, Balanced diet, Vitamins, Deficiency diseases.

#### UNIT-4

#### **PRACTICAL: Demonstration and Performance**

Introduction to various physical activities, Stretching, Rotations, Warm Up, Cool down, Development of fitness components- Speed, Strength, Endurance, Flexibility and Coordination.

#### **REFERENCES**

1. Giam, C.K & The, K.C.(1994). Sports medicine exercise and fitness. Singapore: P.G. Medical Book.
2. Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
3. Kirtani, Reema; A .Z. (2002) handbook of Diet and Exercise. New Delhi: Khel Sahitya Kendra
4. Kirtani, Reema (1998) Physical Fitness. New Delhi: Khel Sahitya Kendra, 1998
5. Anil. R, (2011) Handbook of health fitness and Wellness. Calicut: Akademia Publications.

#### **Scheme of Examinations:**

The question paper carries 50 marks. Duration of the examination is 2 Hours. The pattern of question paper is given below:

#### **Section A**

Objectives type questions carries 1 mark each- 10 questions (10 out of 12) 10X1=10

#### **Section B**

Short answer type carries 2 marks each- 5 questions (5 Out of 7) 5X2=10

#### **Sections C**

Short Essay type carries 5 marks each- 4 questions (4 out of 6) 4X 5= 20

#### **Section D**

Essay type carries 10 marks (1 out of 2) 1X10= 10

**Mark Distribution:** Unit 1- 14 Marks, Unit 2 – 18 Marks, Unit 3-18 Marks



69WF+X54, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude	Longitude
10.24719654°	76.3728956°
Local 07:48:28 AM	Altitude - 57.36 meters
GMT 02:18:28 AM	Thursday, 04 Aug 2022



69WF+P5M, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude	Longitude
10.24702279°	76.37279308°
Local 07:40:04 AM	Altitude - 58.02 meters
GMT 02:10:04 AM	Tuesday, 09 Aug 2022



Karukutty, Kerala, India  
69WF+P5M, Naipunnya Nagar, Karukutty, Kerala 680308, India  
Lat 10.246994°  
Long 76.372764°  
12/08/22 07:44 AM



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

Latitude	Longitude
10.24718668°	76.37279561°
Local 09:52:31 AM	Altitude - 55.43 meters
GMT 04:22:31 AM	Monday, 15 Aug 2022



69WF+P84, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude  
10.2467459°

Longitude  
76.3731924°

Local 06:42:50 AM  
GMT 01:12:50 AM

Altitude -63 meters  
Tuesday, 16 Aug 2022



69WF+P5M, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude  
10.24697458°

Longitude  
76.37300471°

Local 07:48:48 AM  
GMT 02:18:48 AM

Altitude -59.79 meters  
Wednesday, 17 Aug 2022



69WF+P5G, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude  
10.24685062°

Longitude  
76.37303758°

Local 07:46:12 AM  
GMT 02:16:12 AM

Altitude -60.3 meters  
Thursday, 18 Aug 2022



69WF+P5G, Naipunnya Nagar, Karukutty, Kerala 680308, India

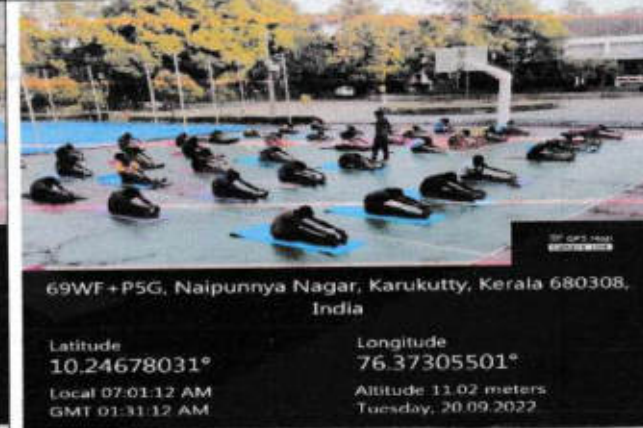
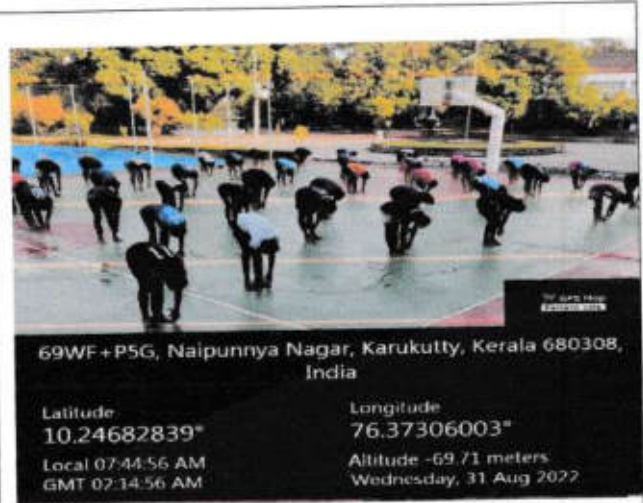
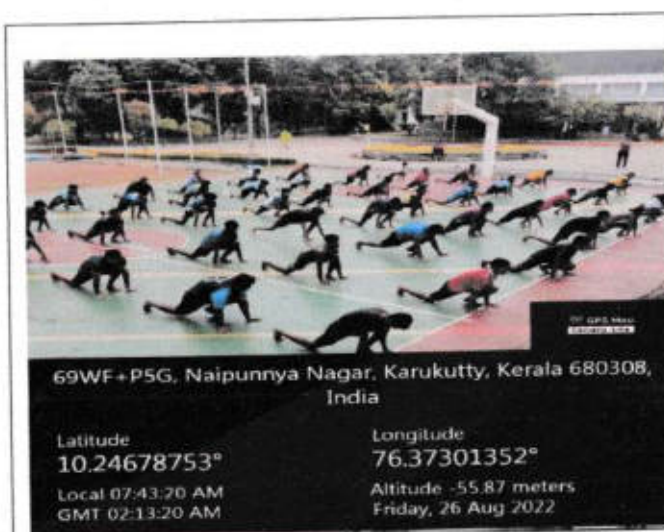
Latitude  
10.24678002°

Longitude  
76.37304824°

Local 07:50:21 AM  
GMT 02:20:21 AM

Altitude -57.59 meters  
Thursday, 25 Aug 2022







69WF+P5M, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude 10.2469852° Longitude 76.37300263°  
Local 07:46:25 AM Altitude 11.02 meters  
GMT 02:16:25 AM Friday, 23.09.2022



69WF+P5G, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude 10.2468418° Longitude 76.37303685°  
Local 07:52:16 AM Altitude 11.02 meters  
GMT 02:22:16 AM Tuesday, 27.09.2022



69WF+P5G, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude 10.24678849° Longitude 76.37302345°  
Local 07:52:19 AM Altitude 11.02 meters  
GMT 02:22:19 AM Wednesday, 28.09.2022



69WF+P5G, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude 10.24680487° Longitude 76.37300677°  
Local 07:53:00 AM Altitude 11.02 meters  
GMT 02:23:00 AM Friday, 30.09.2022



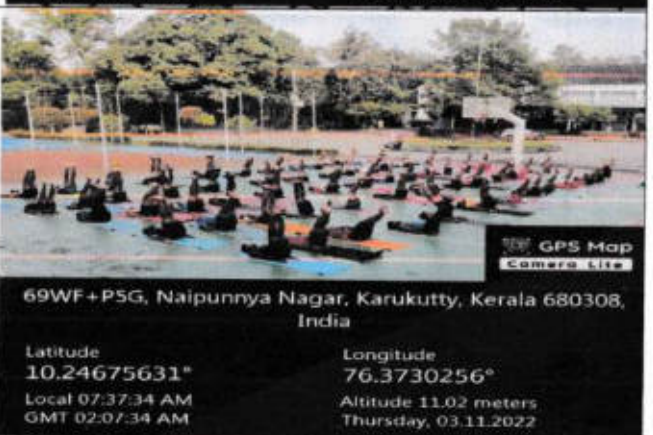
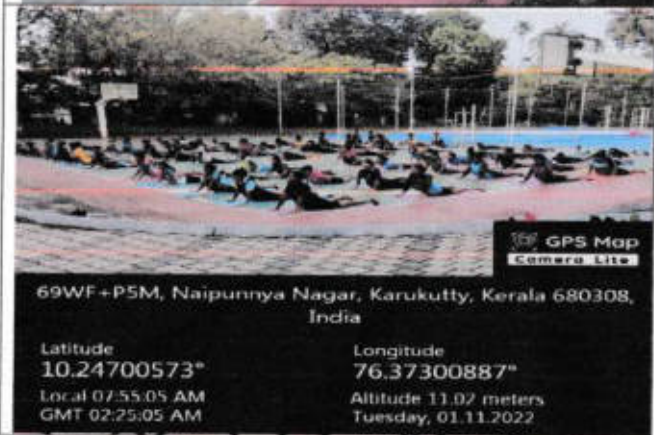
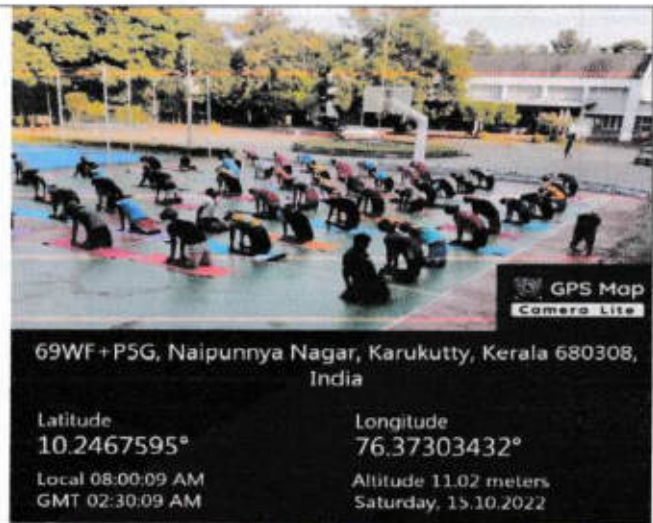
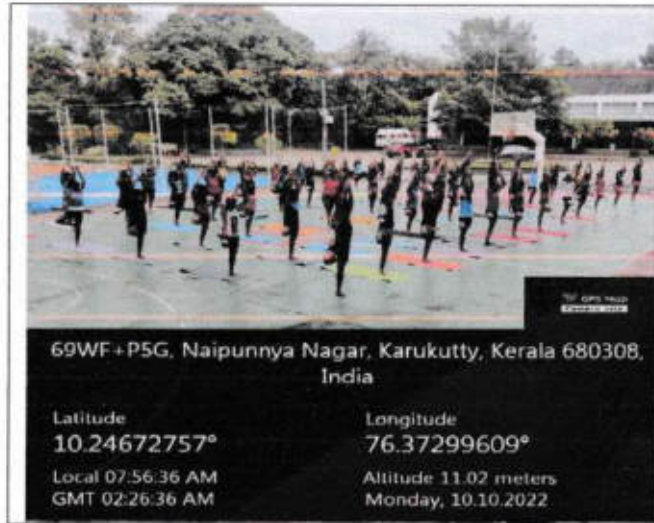
69WF+P5G, Naipunnya Nagar, Karukutty, Kerala 680308, India

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GMT 02:27:04 AM Saturday, 01.10.2022



69WF+P5M, Naipunnya Nagar, Karukutty, Kerala 680308, India

Latitude 10.24700956° Longitude 76.37303293°  
Local 07:52:59 AM Altitude 11.02 meters  
GMT 02:22:59 AM Thursday, 06.10.2022



**DEPARTMENT OF PHYSICAL EDUCATION**

**Health and Physical Fitness**

**Add On Course**

**Attendance List**

Sl.No.	Name	Class	14/09 /22	15/09 /22	16/09 /22	19/09 /22	20/09 /22	21/09 /22	23/09 /22
01	ASWIN K BIJU	2 <sup>nd</sup> B. Com F	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>
02	ANGEL MARIA	2 <sup>nd</sup> B. Com F	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>
03	EMMANUEL JAMES	2 <sup>nd</sup> BBA	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>
04	ARCHANA BINESH	2 <sup>nd</sup> B. Com F	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>
05	CHRISTY ANTONY	2 <sup>nd</sup> BA English	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>
06	ASHWIN.S	2 <sup>nd</sup> BA English	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>
07	DEEPESH.M.S	2 <sup>nd</sup> BA English	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>
08	SALMON THANKACHAN	2 <sup>nd</sup> BA English	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>
09	JISHNU .V.C	2 <sup>nd</sup> B.Sc. CS	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>
10	AJAYAN.S	2 <sup>nd</sup> BA English	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>



Sl.No.	Name	Class	14/09 /22	15/09 /22	16/09 /22	19/09 /22	20/09 /22	21/09 /22	23/09 /22
11	BHUMINATH.N.A	2 <sup>nd</sup> B. Com CO	<i>Bhuminath</i>	<i>Bhuminath</i>	<i>Bhuminath</i>	<i>Bhuminath</i>	<i>Bhuminath</i>	<i>Bhuminath</i>	<i>Bhuminath</i>
12	AGIN PRINCE	2 <sup>nd</sup> B. Com F	<i>Agin</i>	<i>Agin</i>	<i>Agin</i>	<i>Agin</i>	<i>Agin</i>	<i>Agin</i>	<i>Agin</i>
13	MILLAN M SAJU	3 <sup>rd</sup> BCA	<i>Millan</i>	<i>Millan</i>	<i>Millan</i>	<i>Millan</i>	<i>Millan</i>	<i>Millan</i>	<i>Millan</i>
14	ANAMIKA P	3 <sup>rd</sup> B. Com CO	<i>Anamika</i>	<i>Anamika</i>	<i>Anamika</i>	<i>Anamika</i>	<i>Anamika</i>	<i>Anamika</i>	<i>Anamika</i>
15	AJAY BAIJU	3 <sup>rd</sup> BCA	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>
16	RONY BENNY	2 <sup>nd</sup> BBA	<i>Rony</i>	<i>Rony</i>	<i>Rony</i>	<i>Rony</i>	<i>Rony</i>	<i>Rony</i>	<i>Rony</i>
17	MARY SUNNY	1 <sup>st</sup> M. Com	<i>Mary</i>	<i>Mary</i>	<i>Mary</i>	<i>Mary</i>	<i>Mary</i>	<i>Mary</i>	<i>Mary</i>
18	NIKHIL E.S.	1 <sup>st</sup> M. Sc. CS	<i>Nikhil</i>	<i>Nikhil</i>	<i>Nikhil</i>	<i>Nikhil</i>	<i>Nikhil</i>	<i>Nikhil</i>	<i>Nikhil</i>
19	ARUN FRANCIS	1 <sup>st</sup> M. Com	<i>Arun</i>	<i>Arun</i>	<i>Arun</i>	<i>Arun</i>	<i>Arun</i>	<i>Arun</i>	<i>Arun</i>
20	ARJUN A.M.	2 <sup>nd</sup> M. Com	<i>Arjun</i>	<i>Arjun</i>	<i>Arjun</i>	<i>Arjun</i>	<i>Arjun</i>	<i>Arjun</i>	<i>Arjun</i>
21	MUHAMMED AZIF K.A	2 <sup>nd</sup> M. Com	<i>Muhammed</i>	<i>Muhammed</i>	<i>Muhammed</i>	<i>Muhammed</i>	<i>Muhammed</i>	<i>Muhammed</i>	<i>Muhammed</i>
22	ASHWIN ANTU	2 <sup>nd</sup> M. Com	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>
23	ATHIRAMOL SHAJI	2 <sup>nd</sup> M. Com	<i>Athiramol</i>	<i>Athiramol</i>	<i>Athiramol</i>	<i>Athiramol</i>	<i>Athiramol</i>	<i>Athiramol</i>	<i>Athiramol</i>



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Sl.No.	Name	Class	26/09 /22	27/09 /22	28/09 /22	29/09 /22	30/09 /22	01/10 /22	06/10 /22
01	ASWIN K BIJU	2 <sup>nd</sup> B. Com F	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>
02	ANGEL MARIA	2 <sup>nd</sup> B. Com F	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>
03	EMMANUEL JAMES	2 <sup>nd</sup> BBA	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>
04	ARCHANA BINESH	2 <sup>nd</sup> B. Com F	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>
05	CHRISTY ANTONY	2 <sup>nd</sup> BA English	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>
06	ASHWIN.S	2 <sup>nd</sup> BA English	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>
07	DEEPESH.M.S	2 <sup>nd</sup> BA English	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>
08	SALMON THANKACHAN	2 <sup>nd</sup> BA English	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>
09	JISHNU .V.C	2 <sup>nd</sup> B.Sc. CS	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>
10	AJAYAN.S	2 <sup>nd</sup> BA English	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>



Sl.No.	Name	Class	26/09 /22	27/09 /22	28/09 /22	29/09 /22	30/09 /22	01/10 /22	06/10 /22
11	BHUMINATH.N.A	2 <sup>nd</sup> B. Com CO	Bhumi	Bhumi	Bhumi	Bhumi	Bhumi	Bhumi	Bhumi
12	AGIN PRINCE	2 <sup>nd</sup> B. Com F	Agin	Agin	Agin	Agin	Agin	Agin	Agin
13	MILLAN M SAJU	3 <sup>rd</sup> BCA	Millan	Millan	Millan	Millan	Millan	Millan	Millan
14	ANAMIKA P	3 <sup>rd</sup> B. Com CO	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika
15	AJAY BAIJU	3 <sup>rd</sup> BCA	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay
16	RONY BENNY	2 <sup>nd</sup> BBA	Rony	Rony	Rony	Rony	Rony	Rony	Rony
17	MARY SUNNY	1 <sup>st</sup> M. Com	Mary	Mary	Mary	Mary	Mary	Mary	Mary
18	NIKHIL E.S.	1 <sup>st</sup> M. Sc. CS	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil
19	ARUN FRANCIS	1 <sup>st</sup> M. Com	Arun	Arun	Arun	Arun	Arun	Arun	Arun
20	ARJUN A.M.	2 <sup>nd</sup> M. Com	Arjun	Arjun	Arjun	Arjun	Arjun	Arjun	Arjun
21	MUHAMMED AZIF K.A	2 <sup>nd</sup> M. Com	Azif	Azif	Azif	Azif	Azif	Azif	Azif
22	ASHWIN ANTU	2 <sup>nd</sup> M. Com	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin
23	ATHIRAMOL SHAJI	2 <sup>nd</sup> M. Com	Athiramol	Athiramol	Athiramol	Athiramol	Athiramol	Athiramol	Athiramol



Sl.No.	Name	Class	07/10 /22	08/10 /22	10/10 /22	11/10 /22	12/10 /22	13/10 /22	14/10 /22
01	ASWIN K BIJU	2 <sup>nd</sup> B. Com F	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>	<i>Aswin</i>
02	ANGEL MARIA	2 <sup>nd</sup> B. Com F	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>	<i>Angel</i>
03	EMMANUEL JAMES	2 <sup>nd</sup> BBA	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>	<i>Emmanuel</i>
04	ARCHANA BINESH	2 <sup>nd</sup> B. Com F	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>	<i>Arch</i>
05	CHRISTY ANTONY	2 <sup>nd</sup> BA English	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>	<i>Christy</i>
06	ASHWIN.S	2 <sup>nd</sup> BA English	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>	<i>Ashwin</i>
07	DEEPESH.M.S	2 <sup>nd</sup> BA English	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>	<i>Deep</i>
08	SALMON THANKACHAN	2 <sup>nd</sup> BA English	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>	<i>Salmon</i>
09	JISHNU .V.C	2 <sup>nd</sup> B.Sc. CS	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>	<i>Jishnu</i>
10	AJAYAN.S	2 <sup>nd</sup> BA English	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>	<i>Ajayan</i>





Sl.No.	Name	Class	07/10 /22	08/10 /22	10/10 /22	11/10 /22	12/10 /22	13/10 /22	14/10 /22
11	BHUMINATH.N.A	2 <sup>nd</sup> B. Com CO	Bhuf	Bhuf	Bhuf	Bhuf	Bhuf	Bhuf	Bhuf
12	AGIN PRINCE	2 <sup>nd</sup> B. Com F	Agus	Agus	Agus	Agus	Agus	Agus	Agus
13	MILLAN M SAJU	3 <sup>rd</sup> BCA	Milly	Milly	Milly	Milly	Milly	Milly	Milly
14	ANAMIKA P	3 <sup>rd</sup> B. Com CO	Anamk	Anamk	Anamk	Anamk	Anamk	Anamk	Anamk
15	AJAY BAIJU	3 <sup>rd</sup> BCA	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay
16	RONY BENNY	2 <sup>nd</sup> BBA	Rony	Rony	Rony	Rony	Rony	Rony	Rony
17	MARY SUNNY	1 <sup>st</sup> M. Com	Mary	Mary	Mary	Mary	Mary	Mary	Mary
18	NIKHIL E.S.	1 <sup>st</sup> M. Sc. CS	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil
19	ARUN FRANCIS	1 <sup>st</sup> M. Com	Arun	Arun	Arun	Arun	Arun	Arun	Arun
20	ARJUN A.M.	2 <sup>nd</sup> M. Com	Arjun	Arjun	Arjun	Arjun	Arjun	Arjun	Arjun
21	MUHAMMED AZIF K.A	2 <sup>nd</sup> M. Com	Muham	Muham	Muham	Muham	Muham	Muham	Muham
22	ASHWIN ANTU	2 <sup>nd</sup> M. Com	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin
23	ATHIRAMOL SHAJI	2 <sup>nd</sup> M. Com	Athira	Athira	Athira	Athira	Athira	Athira	Athira



Sl.No.	Name	15/10 /22	17/10 /22	18/10 /22	19/10 /22	20/10 /22	21/10 /22	22/10 /22	24/10 /22	25/10 /22
01	ASWIN K BIJU	Aswin	Aswin	Aswin	Aswin	Aswin	Aswin	Aswin	Aswin	Aswin
02	ANGEL MARIA	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel
03	EMMANUEL JAMES	Emmanuel	Emmanuel	Emmanuel	Emmanuel	Emmanuel	Emmanuel	Emmanuel	Emmanuel	Emmanuel
04	ARCHANA BINESH	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana
05	CHRISTY ANTONY	Christy	Christy	Christy	Christy	Christy	Christy	Christy	Christy	Christy
06	ASHWIN.S	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin
07	DEEPESH.M.S	Deepesh	Deepesh	Deepesh	Deepesh	Deepesh	Deepesh	Deepesh	Deepesh	Deepesh
08	SALMON THANKACHAN	Salmon	Salmon	Salmon	Salmon	Salmon	Salmon	Salmon	Salmon	Salmon
09	JISHNU .V.C	Jishnu	Jishnu	Jishnu	Jishnu	Jishnu	Jishnu	Jishnu	Jishnu	Jishnu
10	AJAYAN.S	Ajayan	Ajayan	Ajayan	Ajayan	Ajayan	Ajayan	Ajayan	Ajayan	Ajayan



Sl.No.	Name	15/10 /22	17/10 /22	18/10 /22	19/10 /22	20/10 /22	21/10 /22	22/10 /22	24/10 /22	25/10 /22
11	BHUMINATH.N.A	Bhumi	Bhumi	Bhumi	Bhumi	Bhumi	Bhumi	Bhumi	Bhumi	Bhumi
12	AGIN PRINCE	Agin	Agin	Agin	Agin	Agin	Agin	Agin	Agin	Agin
13	MILLAN M SAJU	Millan	Millan	Millan	Millan	Millan	Millan	Millan	Millan	Millan
14	ANAMIKA P	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika
15	AJAY BAIJU	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay
16	RONY BENNY	Rony	Rony	Rony	Rony	Rony	Rony	Rony	Rony	Rony
17	MARY SUNNY	Mary	Mary	Mary	Mary	Mary	Mary	Mary	Mary	Mary
18	NIKHIL E.S.	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil
19	ARUN FRANCIS	Arun	Arun	Arun	Arun	Arun	Arun	Arun	Arun	Arun
20	ARJUN A.M.	Arjun	Arjun	Arjun	Arjun	Arjun	Arjun	Arjun	Arjun	Arjun
21	MUHAMMED AZIF K.A	Muhammed	Muhammed	Muhammed	Muhammed	Muhammed	Muhammed	Muhammed	Muhammed	Muhammed
22	ASHWIN ANTU	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin
23	ATHIRAMOL SHAJI	Athiramol	Athiramol	Athiramol	Athiramol	Athiramol	Athiramol	Athiramol	Athiramol	Athiramol

