

Department Name: PHYSICAL EDUCATION

Event Name: Add-On Course

Yoga and Wellness 2022-2023

Course Code: NPEYOG01

Naipunnya®
To reach the unreachable

Date of event: 01/11/2022- 09/12/2022

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



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

Phone +91 9605001987, 04802730340, 2730341, 2733573

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

PONGAM, KORATTY EAST

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

Date: 23/10/2022

Circular

The Add-On Program NIMIT/NPE/YOG/01 Yoga and Wellness for the students of 2nd Year B. Com, BBA, B. Sc. CS, BCA, BA English and 1st M. Com will commence from 01/11/2022.

Add on course Code	: NPEYOG01
Name of the Add on Course	: Yoga and Wellness
Name of the provider	: Department of Physical Education
Venue	: Class rooms & Basketball court

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



Dr. Paulachan K.J.
Principal

REPORT

Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite". Yoga came to life in Rishikesh, a town located at the foothills of the Himalayan Mountains and on the Holy Ganges River, known as the Mother Ganga in Rishikesh.

Yoga helps to relieve mental stress, improves flexibility, immune system and health. Yoga helps us establish a connection with our inner self and thus attain peace of mind. Regular yoga practice makes one more fit and healthy and exercises an overall positive attitude towards life. It helps in keeping our mental and physical health intact. It helps us to connect to nature. Furthermore, your body becomes more flexible after consistent yoga practice and you also develop a great sense of self-discipline and self-awareness. In short, it improves our well-being and gives us better mental clarity.

It can help improve our flexibility, strength, and posture. It can also help reduce stress and improve our breathing. Yoga can also help improve our concentration and focus. Yoga is an ancient practice that has many benefits for both the mind and body.

Yoga 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 your functionality in everyday life, while keeping you safe from injury. Yoga improves your posture. It helps in increasing your resistance to injuries and also help you heal better. Yoga works on the core and makes it healthy, flexible and strong. Higher Levels of pain Tolerance: Yoga increases the level of pain tolerance and also works towards reducing chronic pain. The aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Patanjali is known as the father of modern yoga. In some parts of India, Tirumalai Krishnamacharya is also considered as the father of modern yoga.

Yoga training is given every day to the students of various games who are training in the sports scheme of the Naipunnya College, Koratty. Yoga training is done with the aim of making students physically, mentally, emotionally, spiritually and socially fit. Yoga 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 yoga practice starts. Yoga training is given to students under the sports scheme of Naipunnya College through a program named **"Yoga and Wellness"**. Students are brought into relaxation by offering Shavasanam, along with practice in one asana each day. Various students are assigned each day to demonstrate different types of yoga practice. This also helps to increase the leadership quality in students. Below is the yoga practiced for each day, the merits and the names of the students demonstrated.

"Yoga and Wellness"

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 01/11/2022. The name of the course is Yoga and Wellness. 23 students have joined this course. The duration of this course was 30 hours. The definition of Yoga, meaning of Yoga, importance of yoga, scope, need, various yoga postures and the use of body parts were studied by the students as part of the yoga and wellness course syllabus. The Yoga and Wellness Syllabus included yoga classes that would benefit the students in the future. On 09th December 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.

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

Approved by: Principal

Pr. Dr. PAULACHAN K.J.
Principal



DEPARTMENT OF PHYSICAL EDUCATION

Presents

ADD ON COURSE

YOGA AND WELLNESS

2022-23



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

**Course Starts
On
01/11/2022**



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

DEPARTMENT OF PHYSICAL EDUCATION

SYLLABUS OF ADD ON COURSE FOR DEGREE & PG

YOGA AND WELLNESS

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

OBJECTIVES

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

1. Understand the concept of Wellness
2. Know about science of Yoga and its benefits
3. Understand how to control Emotions and Manage Stress
4. Acquire knowledge about meditation
5. Understand the practice of Yoga and Pranayama

UNIT-1

HISTORY AND DEVELOPMENT OF YOGA:

Origin of Yoga, Definitions of Yoga, Meaning of Yoga, The concept of Yoga, Aims and Objectives of Yoga, Eight Limbs of Yoga-Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Definition of Health.

UNIT-2

SCIENCE OF YOGA-ASANAS, PRANAYAMAS AND ITS EFFECTS:

1. Standing (Balancing)- Tadasana, Vrikshasana, Padahasthasana, Ardha Chakrasana, Piraiasana, Trikonasana, Utkatasana. Virabhadrasa 1, Virabhadrasa 2, Virabhadrasana 3
2. Sitting (Meditative)- Vajrasana, Padmasna
3. Sitting (Cultural)- Pascimotanasana, Gomukhasana, Badha Konasana, Janu Sirshasana, Ustrasana
4. Prone (Lying on Stomach) - Makarasana, Bhujangasana, Salabhasana, Dhanurasana,
5. Supine (Lying on Back)- Navasana. Uttanapadasana, Sarvangasana, Halasana, Setu Bandhasana, Pawanmuktasana.
6. Relaxative- Savasana

7. Pranayamas and its effects :- Purifying Pranayama-Surya Bedhana (Heating), Nadi Shudhi Pranayama
Cooling Pranayama-Chandra Bedhana (Cooling), Sadanta Pranayama
Stimulating Pranayama- Kapalabathi
Harmonizing Pranayama- Savitri Pranayama

UNIT-3

STRESS AND MEDITATION:

Definition of Stress, causes of Stress, Stress management, Meaning of Meditation, Definition of Meditation, method of Meditation, Concept of Meditation, Benefits of Meditation

Concept of Wellness-Meaning and concept of wellness, Definition of wellness, Dimensions of wellness.

UNIT-4

PRACTICALS- Demonstration and Performance

1. Standing (Balancing)- Tadasana, Vrikshasana, Padahasthasana, Ardha Chakrasana, Piraiasana, Trikonasana, Utkatasana, Garudasana, Virabhadrasa 1, Virabhadrasa 2, Virabhadrasana 3
2. Sitting (Meditative)- Vajrasana, Padmasna
3. Sitting (Cultural)- Pascimotanasana, Gomukhasana, Badha Konasana, Janu Sirshasana, Ustrasana
4. Prone (Lying on Stomach) - Makarasana, Bhujangasana, Salabhasana, Dhanurasana,
5. Supine (Lying on Back)- Navasana. Uttanapadasana, Sarvangasana, Halasana, Setu Bandhasana, Pawanmuktasana.
6. Relaxative- Savasana
7. Pranayama-Surya Bedhana (Heating), Nadi Shudhi Pranayama
Cooling Pranayama-Chandra Bedhana (Cooling), Sadanta Pranayama
Stimulating Pranayama- Kapalabathi
Harmonizing Pranayama- Savitri Pranayama



REFERENCES

1. Brown, F.Y. (2000). How to use yoga. Delhi: Sports Publication.
2. Gharote, M. L. & Ganguly. H. (1988). Teaching methods for yogic practices. Lonawala: Kaixydhmoe.
3. 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- 12 Marks, Unit 2 – 16 Marks, Unit 3-14 Marks, Unit 4- 8 Marks



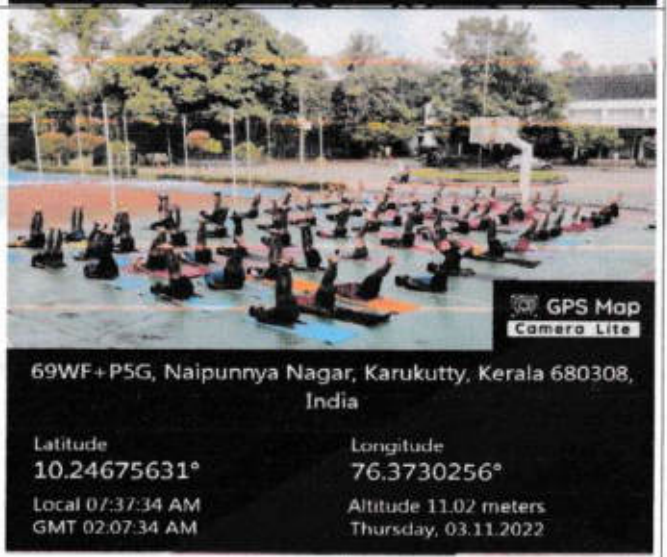
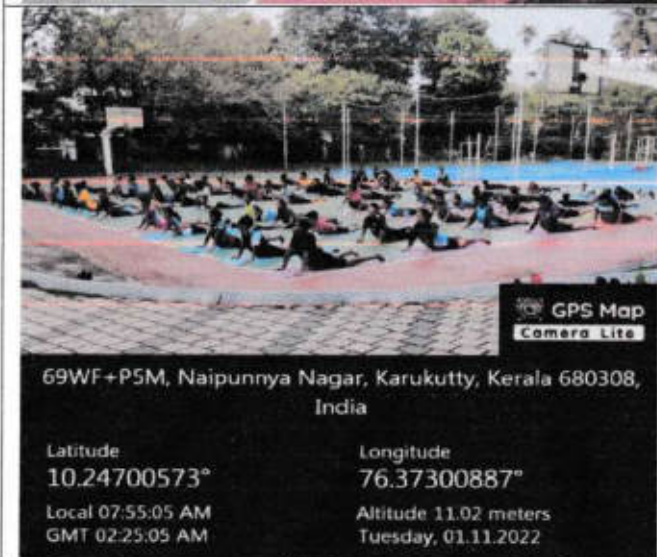
Sl.No	Name of the Student Demonstrated	Name of the Asana	Benefits	Date
01	MEETHA MAMMAN (2 nd BBA)	BHUJANGASANA	It may elevate the mood.	01/11/2022
02	JESTIN JOHN (2 nd BBA)	VIRABHANDRASANA WARRIOR POSE-1	It may increase muscle endurance.	02/11/2022
03	AJINA.K. K (1 st M.Com)	UTTANAPADASANA	It is a beneficial pose for strengthening the abdominal muscles	03/11/2022
04	PRINCE THOMAS (1 st M.Com)	ASHWA SANCHALANASANA	Improves the strength and flexibility of the hips and the knees	04/11/2022
05	ATHIRAMOL SHAJI (2 nd M.Com)	PIRAI ASANA	Good in treating Asthma and low back pain	05/11/2022
06	ABHAYA.U (2 nd BA English)	PARVATHASANA	Stretching and toning the legs and arms muscles.	07/11/2022
07	ANGEL PAUL (2 nd B.Com CO)	BHUJANGASANA	It may decrease the stiffness of the lower back.	08/11/2022
08	MEETHA MAMMAN (2 nd BBA)	SHASHANGASANA	Activates the thyroid glands, keeping the hormones in control.	09/11/2022
09	DEVIKA S NAIR (2 nd B.Sc.CS)	SUKHASANA	Stretches Your Ankles and Knees.	10/11/2022
10	ROSHAL BABU (2 nd BCA)	CHATURANGA DANDASANA	Strengthens Back and Core Muscles. ...	11/11/2022

Sl.No	Name of the Student Demonstrated	Name of the Asana	Benefits	Date
11	JESTIN JOHN (2 nd BBA)	SETU BABDHASANA Bridge pose or Setu Bandhasana	May be good for the health of nerves	14/11/2022
12	SANA (2 nd BA English)	NAMASKARASAN	It is good for opening up shoulder joints	15/11/2022
13	VAISHNAV.S (2 nd B.Com CA)	PIRAI ASANA	Good in treating Asthma and low back pain	16/11/2022
14	ANJANA LAKSHMI.P. S (2 nd B.Com CA)	PADAHASTHASANA	Helps in Weight Loss.	17/11/2022
15	ATHIRAMOL SHAJI (2 nd M.Com)	SHASHANGASANA	Shashankasana may be beneficial in the case of diabetes	18/11/2022
16	ABHINAND.K. V (2 nd B.Com CO)	VAJRASANA	It relieves constipation	21/11/2022
17	VYSHNAV.T (2 nd B.Com CO)	USTRASANA	Opens the chest, improving respiration.	22/11/2022
18	AKHILESH.T (2 nd B.Com CO)	BHUJANGASANA	Improves the digestion	23/11/2022
19	JOBIN BIJU (2 nd B.Com F)	SHALABHASANA	Increases flexibility and strength of the entire back	24/11/2022
20	NANDINI.K. K (2 nd B.Com CO)	PASCHIMOTTANASANA	Calmness of the mind and reduces anxiety.	25/11/2022
21	JESTIN JOHN (2 nd BBA)	EKA PADASANA	Provides strength to the low back.	28/11/2022
22	SOURABH.M. B (2 nd B.Com CA)	THADASANA	Helps to create a calm sense of inner peace.	29/11/2022
23	BEBIN JOSEPH (2 nd B.Com F)	PADAHASTHASANA	Tones Thigh Muscles and Hamstrings.	30/11/2022

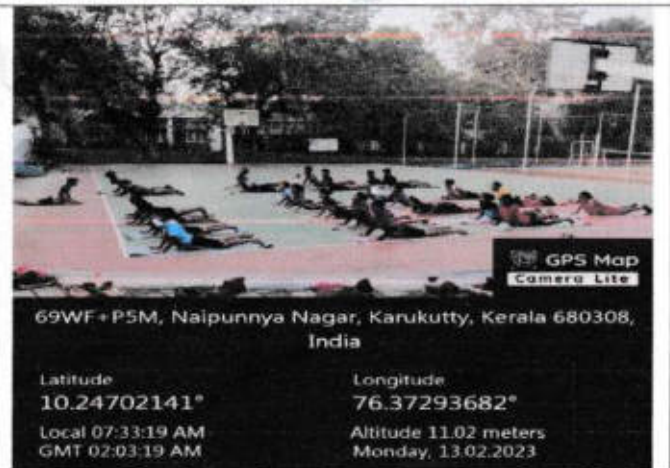
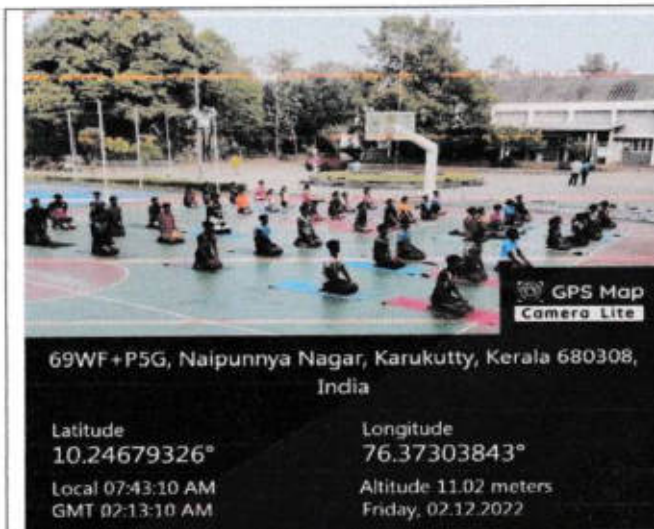
Sl.No	Name of the Student Demonstrated	Name of the Asana	Benefits	Date
24	ANUJA VINOD (2 nd BA English)	PASCHIMOTTANASANA	Spine mobility and overall flexibility	01/12/2022
25	MUHSINA.K. A (2 nd B.Com CA)	VAJRASANA	Keeps blood sugar levels under control	02/12/2022
26	AKSHARA SURESH.T (2 nd B.Com F)	TRIKONASANA	Triangle Pose helps to increase neck mobility.	05/12/2022
27	ANJANA LAKSHMI.P. S (2 nd B.Com CA)	BITILASANA (CAT & COW POSTURE)	Relieves tensions around the lower back, middle back, neck and shoulders.	06/12/2022
28	AKHILESH.T (2 nd B.Com CO)	SHALABHASANA	Useful in combating constipation and diabetes	07/12/2022
29	ROSHAL BABU (2 nd BCA)	SHALABHASANA	It helps in repairing your entire spinal cord and replenishes it.	08/12/2022
30	MUHSINA.K. A (2 nd B.Com CA)	USTRASANA	Stretches and strengthens the shoulders and back.	09/12/2022



PHOTOGRAPH/SCREENSHOTS







DEPARTMENT OF PHYSICAL EDUCATION

Yoga and Wellness

Add On Course

Attendance List

Sl.No.	Name	Class	01/11 /22	02/11 /22	03/11 /22	04/11 /22	05/11 /22	07/11 /22	08/11 /22
01	MEETHA MAMMEN	2 nd BBA	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>
02	JESTIN JOHN	2 nd BBA	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>
03	JOBIN BIJU	2 nd B. Com F	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>
04	BEBIN JOSEPH	2 nd B. Com F	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>
05	GOKUL.G	2 nd B. Com F	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>
06	AKSHARA SURESH.T	2 nd B. Com F	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>
07	ANUJA VINOD	2 nd BA English	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>
08	ABHAYA.U	2 nd BA English	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>
09	SANA	2 nd BA English	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>
10	ROSHAL BABU	2 nd BCA	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>
11	DEVIKA S NAIR	2 nd B. Sc. CS	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>

Sl.No.	Name	Class	01/11 /22	02/11 /22	03/11 /22	04/11 /22	05/11 /22	07/11 /22	08/11 /22
12	ABHINAND.K.V	2 nd B. Com CO							
13	AKHILESH.T	2 nd B. Com CO							
14	ANGEL PAUL	2 nd B. Com CO							
15	NANDINI.K.K	2 nd B. Com CO							
16	VYSHNAV .T	2 nd B. Com CO							
17	VAISHNAVI.S	2 nd B. Com CA							
18	ANJANA LAKSHMI. P.S	2 nd B. Com CA							
19	SOURABH.M.B	2 nd B. Com CA							
20	MUHSINA.K.A	2 nd B. Com CA							
21	SIBY ABRAHAM	2 nd BBA							
22	AJINA K.K	1 st M. Com							
23	PRINCE THOMAS	1 st M. Com							

Sl.No.	Name	Class	09/11 /22	10/11 /22	11/11 /22	14/11 /22	15/11 /22	16/11 /22	17/11 /22
01	MEETHA MAMMEN	2 nd BBA	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>
02	JESTIN JOHN	2 nd BBA	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>
03	JOBIN BIJU	2 nd B. Com F	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>
04	BEBIN JOSEPH	2 nd B. Com F	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>
05	GOKUL.G	2 nd B. Com F	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>
06	AKSHARA SURESH.T	2 nd B. Com F	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>
07	ANUJA VINOD	2 nd BA English	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>
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09	SANA	2 nd BA English	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>
10	ROSHAL BABU	2 nd BCA	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>
11	DEVIKA S NAIR	2 nd B. Sc. CS	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>



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12	ABHINAND.K.V	2 nd B. Com CO							
13	AKHILESH.T	2 nd B. Com CO							
14	ANGEL PAUL	2 nd B. Com CO							
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01	MEETHA MAMMEN	2 nd BBA	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>
02	JESTIN JOHN	2 nd BBA	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>
03	JOBIN BIJU	2 nd B. Com F	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>
04	BEBIN JOSEPH	2 nd B. Com F	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>
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09	SANA	2 nd BA English	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>
10	ROSHAL BABU	2 nd BCA	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>
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16	VYSHNAV .T	2 nd B. Com CO							
17	VAISHNAVI.S	2 nd B. Com CA							
18	ANJANA LAKSHMI. P.S	2 nd B. Com CA							
19	SOURABH.M.B	2 nd B. Com CA							
20	MUHSINA.K.A	2 nd B. Com CA							
21	SIBY ABRAHAM	2 nd BBA							
22	AJINA K.K	1 st M. Com							
23	PRINCE THOMAS	1 st M. Com							



Sl.No.	Name	29/11 /22	30/11 /22	01/12 /22	02/12 /22	05/12 /22	06/12 /22	07/12 /22	08/12 /22	09/12 /22
01	MEETHA MAMMEN	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>	<i>Meetha</i>
02	JESTIN JOHN	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>	<i>Jestin</i>
03	JOBIN BIJU	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>	<i>Jobin</i>
04	BEBIN JOSEPH	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>	<i>Bebin</i>
05	GOKUL.G	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>
06	AKSHARA SURESH.T	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>	<i>Akshara</i>
07	ANUJA VINOD	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>	<i>Anuja</i>
08	ABHAYA.U	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>	<i>Abhaya</i>
09	SANA	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>	<i>Sana</i>
10	ROSHAL BABU	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>	<i>Roshal</i>
11	DEVIKA S NAIR	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>	<i>Devika</i>



Sl.No.	Name	29/11 /22	30/11 /22	01/12 /22	02/12 /22	05/12 /22	06/12 /22	07/12 /22	08/12 /22	09/12 /22
12	ABHINAND.K.V									
13	AKHILESH.T									
14	ANGEL PAUL									
15	NANDINI.K.K									
16	VYSHNAV .T									
17	VAISHNAVI.S									
18	ANJANA LAKSHMI. P.S									
19	SOURABH.M.B									
20	MUHSINA.K.A									
21	SIBY ABRAHAM									
22	AJINA K.K									
23	PRINCE THOMAS									

