

Outreach Programme

I B. Com A

Laughing Yoga Exercise

Naipunnya
To reach the unreachable

Date of event: 25/01/2024

Faculty In-charge: Ms.Kripa Suresh



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

Phone +91 9605001987, 04802730340, 2730341, 2733573

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

REPORT

The Students of I Year B. Com A (2023 Admission) of Naipunnya Institute of Management and Information Technology (NIMIT) conducted a laughing yoga exercise session on January 29, 2024, at Elders Haven Pakal Veedu, Parakoottam. The Students invited Mr. K. K. Jose as the resource person for the program. Laughing yoga is a unique form of exercise that combines deep breathing, stretching and playful laughter. The people from nearby places came for the program and the program was a hugely successful. The students of BBA also participated in the event and make laughing yoga a huge success.



Prepared by:

Ms. Kripa Suresh

(Class- in- Charge)

Verified by:

Dr. Mathew Jose K

HOD, Department of Commerce

Approved by:

Rev. Fr. Dr. Paulachan K J

(Principal)

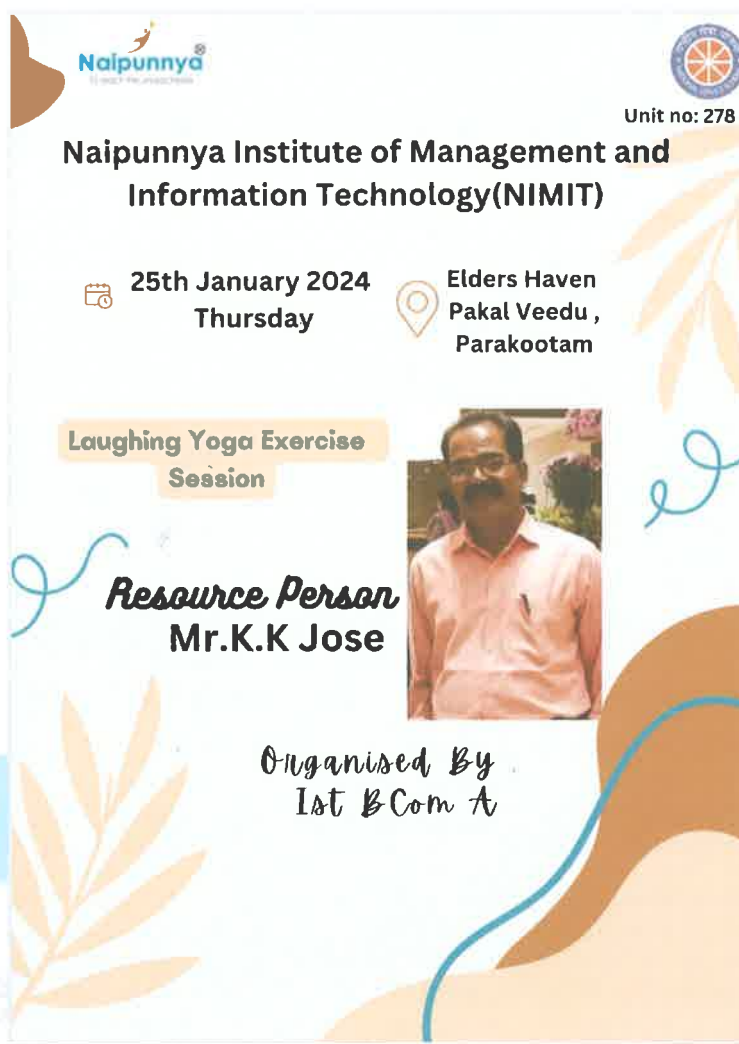


Ms. Reni. V. Kalayil

(Outreach Coordinator)



BROCHURE



The brochure features a light blue background with decorative orange and blue wavy lines and leaf motifs. At the top left is the Naipunnya logo. At the top right is a circular seal of the University of Calicut with the text 'Unit no: 278' below it. The main title 'Naipunnya Institute of Management and Information Technology(NIMIT)' is centered. Below it, the date '25th January 2024 Thursday' is accompanied by a calendar icon, and the location 'Elders Haven Pakal Veedu, Parakootam' is accompanied by a location pin icon. The event title 'Laughing Yoga Exercise Session' is in a yellow box. A photo of Mr. K.K. Jose is shown next to his name, which is preceded by 'Resource Person'. At the bottom, it says 'Organised By Ist BCom A'.

Naipunnya®
To reach the unreachable

Unit no: 278

Naipunnya Institute of Management and Information Technology(NIMIT)

25th January 2024
Thursday

Elders Haven
Pakal Veedu ,
Parakootam

Laughing Yoga Exercise Session

Resource Person
Mr.K.K Jose

Organised By
Ist BCom A



PHOTOGRAPHS /SCREENSHOTS



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കൊരട്ടി ഗ്രാമ പഞ്ചായത്ത്

കൊരട്ടി പി.ഒ., തൃശ്ശൂർ ജില്ല - 680 308

Phone: 0480- 2732054, korattygpkoratty@gmail.com

പി. സി. ബിജു

പ്രസിഡന്റ്, കൊരട്ടി ഗ്രാമപഞ്ചായത്ത്

വാർഡ് 18, കട്ടപ്പന

Mob: 9496046180

പന്തൽക്കുട്ടം ഹൗസ്

കട്ടപ്പന, കൊരട്ടി പി. ഒ

തൃശ്ശൂർ - 680308

Mob : 984756843

സാക്ഷ്യപത്രം

തൃശ്ശൂർ ജില്ലയിൽ ചാലക്കുടി താലൂക്ക് കൊരട്ടി ഗ്രാമപഞ്ചായത്ത് നൈപുണ്യ

കോളേജിലെ ബി.കോം ഫസ്റ്റ് ഇയറിലെ കുട്ടികൾ കൊരട്ടി ഗ്രാമപഞ്ചായത്തിലെ 3-ാം വാർ

ഡിലെ Elders Havan പങ്കൽവീട്ടിലെ വയോജനങ്ങൾക്ക് വേണ്ടി 25.01.2024 തീയതി Laughing

Yoga Exercise എന്ന പരിപാടി നടത്തിയിട്ടുള്ള വിവരം എന്റെ അറിവിലും അന്വേഷണത്തിലും

ബോധ്യപ്പെട്ടിട്ടുള്ളത് സാക്ഷ്യപ്പെടുത്തുന്നു.

കൊരട്ടി

01.02.2024



(Handwritten Signature)

പി.സി.ബിജു

പ്രസിഡന്റ്

കൊരട്ടി ഗ്രാമപഞ്ചായത്ത്

PH:9496046180

23/01/2024.

From,

Sogin Joshy

Ist BCOM A

To,

The Principal

NIMIT

Subject : Request For Approval Of
Outreach programme at Paarakootam
(Elders Haven)

Respected Father,

I am writing on behalf of
Students of Ist BCOM A to seek
permission for an outreach
programme planned at Paarakootam
(Elders Haven) on 25/01/2024 at
11:00 am. Our goal is to contribute
a programme in association with
chiri club. we kindly request your
permission to conduct this outreach
and we assure that we will
adhere to all necessary guidelines
and regulation for smooth conduct
of programme.

Yours Sincerely

Sogin Joshy




class in charge



Forwarded to
Pr. Principal

Ravi V. Kalayil (Outreach Coordinator)



PARTICIPANT'S LIST

Name of the event: Laughing Yoga Exercise at Elders Haven Pakal Veedu

Date: 25/01/2024

Sl. No.	Name	Signature
1.	ABHAI JAGADEESAN	Abhai
2.	ABHISHEK A SAJEEV	A
3.	ABRAHAM RAMESH	Abraham
4.	ADHITH K S	Adhith
5.	ADRIK JOSHY	Adrik
6.	AFREEN ZAARA K I	Zaara
7.	AISHWARYA TOM PYNADATH	Aishwarya
8.	AJMAL SHAMSEER	Ajmal
9.	AJUL WILSON	Ajul
10.	AKSHAY SAJEEV	Akshay
11.	ALAN SHIBU	Alan
12.	AMAL BABU	Amal
13.	AMITHA PAUL	Amitha
14.	AMRUTHA H	Amrutha
15.	ANANTHAKRISHNAN K B	Ananth
16.	ANGELINA SAJEEV	Angelina
17.	ANNA BAIJU	Anna
18.	ANNLIYA JOY	Annliya
19.	ANTO JOLLY	Anto
20.	ARLIN JIJJO MELAPPILLY	Arlin
21.	ASHWIN WILSON	Ashwin
22.	ASWINI C P	Aswini
23.	ATHIRA R	Athira
24.	AVANI SHAJAN	Avani
25.	DEON DENNY	Deon
26.	DEVA PRIYA P M	Devapriya
27.	DEVIKA SHIBU	Devika
28.	DEVIKRISHNA E S	Devikrishna
29.	EMMANUEL SUNIL	Emmanuel
30.	GOUTHAM SASI	Goutham
31.	HAJIRA RASHID	Hajira
32.	HARSHA M S	Harsha
33.	JERIN JAMES	Jerin
34.	JOEL SAJI	Joel
35.	JOHN JOMIT RODRIGUES	John
36.	JOYAL SIJU	Joyal
37.	KEVIN JOHNSON	Kevin

38.	MERIN ROSE BABU	
39.	MILAN BIST	
40.	MOHAMED SAHIL V T	
41.	NANDAKISHOR P S	
42.	NIDHIN DIJU	
43.	SANTO POLACHAN	
44.	SMANITH DAVIS	
45.	SOJA DAVIS	
46.	SOYIN JOSHY	
47.	SREEHARI PRAKASH	
48.	THEERTHA SURESH	

Event Coordinator




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