

SREE NARAYANA COLLEGE, KOLLAM



CERTIFICATE COURSE IN

YOGA

2018 - 2019

For More Details, Contact

THE HEAD OF THE DEPARTMENT, DEPARTMENT OF PHILOSOPHY, S N COLLEGE, KOLLAM



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala
NAAC Re-Accredited with 'A' Grade

CERTIFICATE COURSE IN YOGA

DEPARTMENT OF PHILOSOPHY

S N COLLEGE, KOLLAM

YOGA

Yoga is usually translated as union, for its methods and practices lead to a profound integration of body, mind, and spirit. The yogic ideal is to achieve complete freedom and authenticity by transcending the limiting structures of the ego-personality (the person we behave as on a normal day) and discovering the true spiritual Self within.

The course contains theoretical classes, practical training and seminars well.

Objectives

1. To give proper awareness in Yogasastra.
2. To teach the relevance of Yoga.
3. To bring a holistic Personality Development.
4. To teach the basic principles of Yoga.
5. To increase personal and public awareness of natural ways of living.
6. To introduce the fundamental principles and Scientific basis of Yoga
7. Practices in Secular way.
8. To increase personal and public awareness of the Science of natural
9. living.

Syllabus

Theoretical Classes

The theory classes are among to give proper understanding about Yoga and the philosophy of Yoga with a contemporary interpretation. Five topics have been identified for this preliminary course syllabus. Duration of the lecture class is two hours.

1. Origin and development of Yoga
2. The Ethical principles of Yoga.
3. Cleansing Principles of Yoga .
4. Rules and Principles of Yoga
5. Rules and Instructions for practice of Yoga .
6. Pranayama
7. Dhyana

Practical training

In addition to the theory classes, the participants should undergo a practical training programme. This is intended to provide an orientation to the trainees in which they have acquired through their theoretical classes

Seminars

In addition to the theoretical and practical components a third dimension is given to the program for the purpose of giving chance to the students to understand more about the relevance Yogasastra. For this purpose, the candidates are requested to participate in one seminar and one debate session of one day duration.

Examination

This Certificate course is a non-formal education scheme. In the final phase of the course a written examination of three-hour duration will be conducted to the participants.

Certificate

The certificates will be issued for the students who are successfully completing the course.

Qualification of the course

Plus two/Pre Degree is the basic qualification for attending the course.

No age bar is fixed for this course.

Method of Teaching

The medium of lecture classes and seminars will be in Malayalam and English.

Duration of the course

Duration of the course will be six months

Thiruvallharajil
Principal
Sree Narayana College
Kollam



TIMETABLE 2018-19

Day	Time	Teacher
MONDAY	3.30-4.30	Letha T.S
TUESDAY	3.30-4.30	Letha T.S
WEDNESDAY	3.30-4.30	Honey Thattil
THURSDAY	3.30-4.30	Letha T.S
FRIDAY	3.30-4.30	Honey Thattil



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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 10th August 2018 for finalizing of the inauguration date of the certificate course as a part of the 2018-19 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by Philosophy department HOD, Dr. Letha T.S and the certificate course Coordinator Dr. T.S.Letha explained in detailed about the subject matter. Under the instruction by the Board of Studies members in the meeting the inauguration for the Course was planned for 16th August 2018.

Kollam

16.09.2018

Dr.T.S. LETHA

CO-ORDINATOR

Turha Alharayil
Principal
Sree Narayana College
Kollam



Dept. of Philosophy
Sree Narayana College, Kollam



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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 19th August 2018. The meeting was presided by Sanskrit Department HOD, Smt. Bindu and the certificate course Coordinator Dr. T.S. Letha explained in detailed about the subject matter. Under the instruction by the Board of Studies members in the meeting the inauguration for the Course was planned for 20th August 2018. Preparation of Syllabus, Title selection of Certificate Course, Brochure preparation, list of faculties and resource persons has been done.

Kollam

19.08.2018

X

Dr.T.S. LETHA

CO-ORDINATOR

Dept. of Philosophy
Sree Narayana College, Kollam



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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on Ist January 2018. The meeting was presided by Sanskrit Department HOD, Dr. Letha T.S. and the certificate course Coordinator Dr. T.S. Letha explained in detailed about the subject matter. Under the instruction by the Board of Studies members, project discussion has been done and the date of examination has been done. The exam was planned for 20th February.

Kollam

01.01.2019 Dr.T.S. LETHA

✕

CO-ORDINATOR

Dept. of Philosophy
Sree Narayana College, Kollam



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LIST OF STUDENTS

1.	10518132001	AADITHYA SAI SANKAR
2.	10518132002	AISWARYA. J
3.	10518132003	AJMAL U.
4.	10518132004	AKSHAY GITA NAND
5.	10518132005	ANANDHU B
6.	10518132006	ASWIN.A
7.	10518132007	GEETHU .G . S
8.	10518132008	HARI. S. S
9.	10518132009	MANIKANDAN.J
10.	10518132010	MIDHILA. M. S
11.	10518132011	MOHITH KUMAR. V. S
12.	10518132012	REJIN R S
13.	10518132013	SNEHA.M.S
14.	10518132014	VIJESH V S
15.	10518132015	VISAKH VINOD
16.	10518132016	VISHNU V
17.	10518132017	VRINDHA .S
18.	10518132018	AAISHA BABU
19.	10518132019	ABHIJITH.C.S
20.	10518132020	ABHIRAM S
21.	10518132021	ABHIRAMI. S
22.	10518132022	ABIN.T
23.	10518132023	AJAL CHANDRAN
24.	10518132024	AKASH SASI
25.	10518132025	AKHIL PRASANNAN

26.	10518132026	AMAL BABU A R
27.	10518132027	AMRUTHA .V.M
28.	10518132028	ANANDHU R
29.	10518132029	ANANDU KUMAR S.
30.	10518132030	ANIJITH B
31.	10518132031	ANJALI S
32.	10518132032	ANU J.A
33.	10518132033	ARAVIND. S
34.	10518132034	ARUN KUMAR B
35.	10518132035	ARUNIMA.A.S.
36.	10518132036	ASALAM A
37.	10518132037	ASHEEMA.S
38.	10518132038	ASHIK MATHEW VARGHESE
39.	10518132039	ASWATHI.S
40.	10518132040	ASWIN DEV D
41.	10518132041	BALARAMAN S
42.	10518132042	CHANDANA NAGENDRAN
43.	10518132043	FATHIMA S
44.	10518132044	FATHIMA. S
45.	10518132045	FIJITH S
46.	10518132046	GOKUL A M
47.	10518132047	HARI PRAKASH
48.	10518132048	JASEEMA.D.S
49.	10518132049	JAYALEKSHMI.L
50.	10518132050	KARTHIKA SURESH
51.	10518132051	KRIPA
52.	10518132052	NABEEZATHUL MISIRIYA .S
53.	10518132053	PREMRAJ.P
54.	10518132054	RADHIKA .R
55.	10518132055	RADHUNA S

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56.	10518132056	RAHUL RAJ R S
57.	10518132057	REJITH. R
58.	10518132058	ROOPESH D
59.	10518132059	SANGEETH S
60.	10518132060	SHABNAM. S
61.	10518132061	SHIJU S
62.	10518132062	SOURAV. A. KUMAR
63.	10518132063	SREEHARI R PRASAD
64.	10518132064	SREELEKSHMI .A .S
65.	10518132065	SREELEKSHMI S
66.	10518132066	SUDHI.S
67.	10518132067	SURAJ SUDHI
68.	10518132068	SURYA NARAYANAN. S
69.	10518132069	VAISHNAV M V
70.	10518132070	VARSHA RAJ T
71.	10518132071	VIBIN S
72.	10518132072	VIJEESH. S
73.	10518132073	AKHIL RAJ C S
74.	10518132074	AVANI.L.S

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BIODATA OF STUDENTS












1.	10518132001	AADITHYA SAI SANKAR	12/09/2000	
2.	10518132002	AISWARYA. J	10/05/2000	
3.	10518132003	AJMAL U.	18/07/2000	
4.	10518132004	AKSHAY GITA NAND	13/04/2000	
5.	10518132005	ANANDHU B	21/01/2000	
6.	10518132006	ASWIN.A	03/06/2000	
7.	10518132007	GEETHU .G . S	23/08/1999	
8.	10518132008	HARI. S. S	07/09/2000	
9.	10518132009	MANIKANDAN.J	29/07/2000	

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10.	10518132010	MIDHILA. M. S	07/06/2000	
11.	10518132011	MOHITH KUMAR. V. S	20/08/2000	
12.	10518132012	REJIN R S	03/10/1999	
13.	10518132013	SNEHA.M.S	15/06/2000	
14.	10518132014	VIJESH V S	11/01/2000	
15.	10518132015	VISAKH VINOD	02/05/2000	
16.	10518132016	VISHNU V	08/08/2000	
17.	10518132017	VRINDHA .S	30/03/2000	 <small>VRINDHA S 30-03-2000</small>
18.	10518132018	AAISHA BABU	20/08/2000	
19.	10518132019	ABHIJITH.C.S	04/05/2000	
20.	10518132020	ABHIRAM S	14/03/2000	











21.	10518132021	ABHIRAMI. S	31/07/2000	
22.	10518132022	ABIN.T	27/11/1999	
23.	10518132023	AJAL CHANDRAN	22/11/1999	
24.	10518132024	AKASH SASI	03/11/1999	
25.	10518132025	AKHIL PRASANNAN	24/03/2000	
26.	10518132026	AMAL BABU A R	26/01/1999	
27.	10518132027	AMRUTHA .V.M	15/04/2001	
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30.	10518132030	ANIJITH B	03/09/2000	
31.	10518132031	ANJALI S	12/01/2000	

32.	10518132032	ANU J.A	31/03/2000	
33.	10518132033	ARAVIND. S	09/09/1998	
34.	10518132034	ARUN KUMAR B	16/10/1999	
35.	10518132035	ARUNIMA.A.S.	01/05/2000	
36.	10518132036	ASALAM A	15/05/1999	
37.	10518132037	ASHEEMA.S	31/01/2000	
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39.	10518132039	ASWATHI.S	10/08/2000	
40.	10518132040	ASWIN DEV D	15/02/1997	
41.	10518132041	BALARAMAN S	11/12/1999	
42.	10518132042	CHANDANA NAGENDRAN	25/12/2000	

43.	10518132043	FATHIMA S	05/02/2000	
44.	10518132044	FATHIMA. S	12/04/1999	
45.	10518132045	FIJITH S	23/09/1998	
46.	10518132046	GOKUL A M	19/07/2000	
47.	10518132047	HARI PRAKASH	26/06/2000	
48.	10518132048	JASEEMA.D.S	02/05/2000	
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51.	10518132051	KRIPA	02/08/1999	
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53.	10518132053	PREMRAJ.P	12/09/2000	

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54.	10518132054	RADHIKA .R	07/12/2000	
55.	10518132055	RADHUNA S	07/07/1999	
56.	10518132056	RAHUL RAJ R S	01/06/2000	
57.	10518132057	REJITH. R	28/01/2000	
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61.	10518132061	SHIJU S	09/11/1999	
62.	10518132062	SOURAV. A. KUMAR	09/12/1999	
63.	10518132063	SREEHARI R PRASAD	22/10/1998	
64.	10518132064	SREELEKSHMI .A .S	18/05/2000	

65.	10518132065	SREELEKSHMI S	27/10/2000	
66.	10518132066	SUDHI.S	04/10/1999	
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71.	10518132071	VIBIN S	04/07/2000	
72.	10518132072	VIJESH. S	22/03/2000	
73.	10518132073	AKHIL RAJ C S	27/03/2001	
74.	10518132074	AVANI.L.S	20/01/2000	

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4.	10518132004	AKSHAY GITA NAND <i>Akshay GitaNand</i>
5.	10518132005	ANANDHU B <i>Anandhu</i>
6.	10518132006	ASWIN.A <i>Aswin</i>
7.	10518132007	GEETHU .G . S <i>Geethu</i>
8.	10518132008	HARI. S. S <i>Hari.S.S</i>
9.	10518132009	MANIKANDAN.J <i>Manikan</i>
10.	10518132010	MIDHILA. M. S <i>Midhila</i>
11.	10518132011	MOHITH KUMAR. V. S <i>Mohithkum</i>
12.	10518132012	REJIN R S <i>Rejin</i>
13.	10518132013	SNEHA.M.S <i>Sneha.S</i>
14.	10518132014	VIJESH V S <i>Vijesh V S</i>
15.	10518132015	VISAKH VINOD <i>Visakh Vinod</i>
16.	10518132016	VISHNU V <i>Vishnu</i>
17.	10518132017	VRINDHA .S <i>VRINDHA</i>
18.	10518132018	AAISHA BABU <i>AAISHA BABU</i>
19.	10518132019	ABHIJITH.C.S <i>Abhijith</i>
20.	10518132020	ABHIRAM S <i>Abhiram</i>
21.	10518132021	ABHIRAMI. S <i>Abhirami</i>
22.	10518132022	ABIN.T <i>Abin</i>
23.	10518132023	AJAL CHANDRAN <i>Ajal Chandran</i>
24.	10518132024	AKASH SASI <i>Akashsasi</i>
25.	10518132025	AKHIL PRASANNAN <i>Akhil</i>

Dr. SOUMYA R.V.
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26.	10518132026	AMAL BABU A R	<i>Amal Babu</i>
27.	10518132027	AMRUTHA .V.M	<i>Amrutha</i>
28.	10518132028	ANANDHU R	<i>Anandhu</i>
29.	10518132029	ANANDU KUMAR S.	<i>Anandu</i>
30.	10518132030	ANIJITH B	<i>Anijith</i>
31.	10518132031	ANJALI S	<i>Anjali</i>
32.	10518132032	ANU J.A	<i>Anu</i>
33.	10518132033	ARAVIND. S	<i>Aravind s...</i>
34.	10518132034	ARUN KUMAR B	<i>Arun</i>
35.	10518132035	ARUNIMA.A.S.	<i>Arunima</i>
36.	10518132036	ASALAM A	<i>Asalam</i>
37.	10518132037	ASHEEMA.S	<i>Asheema</i>
38.	10518132038	ASHIK MATHEW VARGHESE	<i>Asik</i>
39.	10518132039	ASWATHI.S	<i>Aswathi</i>
40.	10518132040	ASWIN DEV D	<i>Aswin</i>
41.	10518132041	BALARAMAN S	<i>Bala</i>
42.	10518132042	CHANDANA NAGENDRAN	<i>Chandana</i>
43.	10518132043	FATHIMA S	<i>Fathima</i>
44.	10518132044	FATHIMA. S	<i>Fathima</i>
45.	10518132045	FIJITH S	<i>Fijith</i>
46.	10518132046	GOKUL A M	<i>Gokul</i>
47.	10518132047	HARI PRAKASH	<i>Hari</i>
48.	10518132048	JASEEMA.D.S	<i>Jaseema</i>
49.	10518132049	JAYALEKSHMI.L	<i>Jayalekshmi</i>
50.	10518132050	KARTHIKA SURESH	<i>Karthika</i>
51.	10518132051	KRIPA	<i>Kripa</i>
52.	10518132052	NABEEZATHUL MISIRIYA .S	<i>Nabeezathul</i>
53.	10518132053	PREMRAJ.P	<i>Premraj</i>
54.	10518132054	RADHIKA .R	<i>Radhika</i>
55.	10518132055	RADHUNA S	<i>Radhuna</i>

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56.	10518132056	RAHUL RAJ R S	Rahul Raj R S
57.	10518132057	REJITH. R	Rejith R
58.	10518132058	ROOPESH D	Roopesh D
59.	10518132059	SANGEETH S	Sangeeth S
60.	10518132060	SHABNAM. S	Shabnam S
61.	10518132061	SHIJU S	Shiju S
62.	10518132062	SOURAV. A. KUMAR	Sourav A. Kumar
63.	10518132063	SREEHARI R PRASAD	Sreehari R Prasad
64.	10518132064	SREELEKSHMI .A .S	Sreelekshmi A. S
65.	10518132065	SREELEKSHMI S	Sreelekshmi S
66.	10518132066	SUDHI.S	Sudhi S
67.	10518132067	SURAJ SUDHI	Suraj Sudhi
68.	10518132068	SURYA NARAYANAN. S	Surya Narayanan S
69.	10518132069	VAISHNAV M V	Vaishnav M V
70.	10518132070	VARSHA RAJ T	Varsha Raj T
71.	10518132071	VIBIN S	Vibin S
72.	10518132072	VIJESH. S	Vijesh S
73.	10518132073	AKHIL RAJ C S	Akhil Raj C S
74.	10518132074	AVANI.L.S	Avani L. S

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LIST OF STUDENTS COMPLETED THE COURSE

SL NO	CANDIDATE CODE	NAME	COMPLETED OR NOT
1.	10518132001	AADITHYA SAI SANKAR	YES
2.	10518132002	AISWARYA. J	YES
3.	10518132003	AJMAL U.	YES
4.	10518132004	AKSHAY GITA NAND	YES
5.	10518132005	ANANDHU B	YES
6.	10518132006	ASWIN.A	YES
7.	10518132007	GEETHU .G . S	YES
8.	10518132008	HARI. S. S	YES
9.	10518132009	MANIKANDAN.J	YES
10.	10518132010	MIDHILA. M. S	YES
11.	10518132011	MOHITH KUMAR. V. S	YES
12.	10518132012	REJIN R S	YES
13.	10518132013	SNEHA.M.S	YES
14.	10518132014	VIJESH V S	YES
15.	10518132015	VISAKH VINOD	YES
16.	10518132016	VISHNU V	YES
17.	10518132017	VRINDHA .S	YES
18.	10518132018	AAISHA BABU	YES
19.	10518132019	ABHIJITH.C.S	YES
20.	10518132020	ABHIRAM S	YES

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21.	10518132021	ABHIRAMI. S	YES
22.	10518132022	ABIN.T	ABSENT
23.	10518132023	AJAL CHANDRAN	YES
24.	10518132024	AKASH SASI	YES
25.	10518132025	AKHIL PRASANNAN	YES
26.	10518132026	AMAL BABU A R	YES
27.	10518132027	AMRUTHA .V.M	YES
28.	10518132028	ANANDHU R	YES
29.	10518132029	ANANDU KUMAR S.	YES
30.	10518132030	ANIJITH B	YES
31.	10518132031	ANJALI S	YES
32.	10518132032	ANU J.A	YES
33.	10518132033	ARAVIND. S	YES
34.	10518132034	ARUN KUMAR B	ABSENT
35.	10518132035	ARUNIMA.A.S.	YES
36.	10518132036	ASALAM A	YES
37.	10518132037	ASHEEMA.S	YES
38.	10518132038	ASHIK MATHEW VARGHESE	YES
39.	10518132039	ASWATHI.S	YES
40.	10518132040	ASWIN DEV D	YES
41.	10518132041	BALARAMAN S	YES
42.	10518132042	CHANDANA NAGENDRAN	YES
43.	10518132043	FATHIMA S	YES
44.	10518132044	FATHIMA. S	YES
45.	10518132045	FIJITH S	ABSENT
46.	10518132046	GOKUL A M	YES
47.	10518132047	HARI PRAKASH	YES
48.	10518132048	JASEEMA.D.S	YES
49.	10518132049	JAYALEKSHMI.L	YES
50.	10518132050	KARTHIKA SURESH	YES

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52.	10518132052	NABEEZ19ATHUL MISIRIYA .S	YES
53.	10518132053	PREMRAJ.P	YES
54.	10518132054	RADHIKA .R	YES
55.	10518132055	RADHUNA S	YES
56.	10518132056	RAHUL RAJ R S	YES
57.	10518132057	REJITH. R	ABSENT
58.	10518132058	ROOPESH D	ABSENT
59.	10518132059	SANGEETH S	YES
60.	10518132060	SHABNAM. S	YES
61.	10518132061	SHIJU S	YES
62.	10518132062	SOURAV. A. KUMAR	YES
63.	10518132063	SREEHARI R PRASAD	YES
64.	10518132064	SREELEKSHMI .A .S	YES
65.	10518132065	SREELEKSHMI S	YES
66.	10518132066	SUDHI.S	YES
67.	10518132067	SURAJ SUDHI	YES
68.	10518132068	SURYA NARAYANAN. S	YES
69.	10518132069	VAISHNAV M V	YES
70.	10518132070	VARSHA RAJ T	YES
71.	10518132071	VIBIN S	YES
72.	10518132072	VIJEESH. S	YES
73.	10518132073	AKHIL RAJ C S	YES
74.	10518132074	AVANI.L.S	YES

Dr. SOUMYA R.V.
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DEPARTMENT LEVEL CERTIFICATE COURSE

LIST OF TEACHERS HANDLING THE CLASEES

Dr. LethsT.S. – Head, Philosophy

Dr. Honey Thattil- Yoga Instructor

Dr. SOUMYA R.V.
Asst. Professor & H.O.D.
Dept. of Philosophy
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MARKLIST OF STUDENTS

MINIMUM MARKS:9

MAX MARKS:25

1.	10518132001	AADITHYA SAI SANKAR	25
2.	10518132002	AISWARYA. J	21
3.	10518132003	AJMAL U.	23
4.	10518132004	AKSHAY GITA NAND	24
5.	10518132005	ANANDHU B	20
6.	10518132006	ASWIN.A	19
7.	10518132007	GEETHU . G . S	20
8.	10518132008	HARI. S. S	23
9.	10518132009	MANIKANDAN.J	20
10.	10518132010	MIDHILA. M. S	22
11.	10518132011	MOHITH KUMAR. V. S	23
12.	10518132012	REJIN R S	25
13.	10518132013	SNEHA.M.S	21
14.	10518132014	VIJESH V S	23
15.	10518132015	VISAKH VINOD	24
16.	10518132016	VISHNU V	21
17.	10518132017	VRINDHA .S	22
18.	10518132018	AAISHA BABU	22
19.	10518132019	ABHIJITH.C.S	23
20.	10518132020	ABHIRAM S	21
21.	10518132021	ABHIRAMI. S	21
22.	10518132022	ABIN.T	ABSENT

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23.	10518132023	AJAL CHANDRAN	23
24.	10518132024	AKASH SASI	24
25.	10518132025	AKHIL PRASANNAN	24
26.	10518132026	AMAL BABU A R	19
27.	10518132027	AMRUTHA .V.M	19
28.	10518132028	ANANDHU R	16
29.	10518132029	ANANDU KUMAR S.	18
30.	10518132030	ANIJITH B	18
31.	10518132031	ANJALI S	19
32.	10518132032	ANU J.A	20
33.	10518132033	ARAVIND. S	21
34.	10518132034	ARUN KUMAR B	ABSENT
35.	10518132035	ARUNIMA.A.S.	24
36.	10518132036	ASALAM A	24
37.	10518132037	ASHEEMA.S	22
38.	10518132038	ASHIK MATHEW VARGHESE	23
39.	10518132039	ASWATHI.S	24
40.	10518132040	ASWIN DEV D	21
41.	10518132041	BALARAMAN S	23
42.	10518132042	CHANDANA NAGENDRAN	22
43.	10518132043	FATHIMA S	22
44.	10518132044	FATHIMA. S	24
45.	10518132045	FIJITH S	ABSENT
46.	10518132046	GOKUL A M	20
47.	10518132047	HARI PRAKASH	22
48.	10518132048	JASEEMA.D.S	23
49.	10518132049	JAYALEKSHMI.L	22
50.	10518132050	KARTHIKA SURESH	24
51.	10518132051	KRIPA	20
52.	10518132052	NABEEZ19ATHUL MISIRIYA .S	20

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53.	10518132053	PREMRAJ.P	19
54.	10518132054	RADHIKA .R	16
55.	10518132055	RADHUNA S	18
56.	10518132056	RAHUL RAJ R S	19
57.	10518132057	REJITH. R	ABSENT
58.	10518132058	ROOPESH D	ABSENT
59.	10518132059	SANGEETH S	19
60.	10518132060	SHABNAM. S	20
61.	10518132061	SHIJU S	22
62.	10518132062	SOURAV. A. KUMAR	23
63.	10518132063	SREEHARI R PRASAD	24
64.	10518132064	SREELEKSHMI . A .S	22
65.	10518132065	SREELEKSHMI S	23
66.	10518132066	SUDHI.S	24
67.	10518132067	SURAJ SUDHI	22
68.	10518132068	SURYA NARAYANAN. S	23
69.	10518132069	VAISHNAV M V	24
70.	10518132070	VARSHA RAJ T	22
71.	10518132071	VIBIN S	22
72.	10518132072	VIJEESH. S	22
73.	10518132073	AKHIL RAJ C S	25
74.	10518132074	AVANI.L.S	25

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This is to certify that Mr./Ms./Mrs.....*Karthika Suresh*.....Department of.....
.....*Philosophy*.....has successfully completed Certificate Course in
.....YOGA during the Academic

Year.....*2018 - 2019*.....

Kollam

AKK

Course Coordinator

Principal



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CERTIFICATE COURSE IN YOGA

This is to certify that Mr./Ms./Mrs.....*Aadhithya.Sai.Sankar*...Department of.....
.....*Philosophy*.....has successfully completed Certificate Course in
.....YOGA during the Academic

Year.....*2018 - 2019*.....

Kollam

A N N

Course Coordinator

Principal



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This is to certify that Mr./Ms./Mrs.....*Alex.R.M.L.*.....Department of.....

.....*Philosophy*.....has successfully completed Certificate Course in
.....*YOGA* during the Academic

Year.....*2018 - 2019*.....

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A. C. N.

Course Coordinator

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CERTIFICATE COURSE IN YOGA

This is to certify that Mr./Ms./Mrs.....*Anjali.S*.....Department of.....
.....*Philosophy*.....has successfully completed Certificate Course in
.....YOGA during the Academic

Year.....*2018-2019*.....

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A. N. N.

Course Coordinator

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This is to certify that Mr./Ms./Mrs. *A.A.S. Ra. B. Rajee*.....Department of.....
.....*Philosophy*.....has successfully completed Certificate Course in
.....*Philosophy*.....YOGA during the Academic
Year...*2018 - 2019*.....

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Attendance Sheet For Certificate Course 2018-2019

Sl.No.	Candidate Code	Name	18	25	01	15	22	29	06	20	27	03	17	24	01	15	22	Signature
			AUG	AUG	SEP	SEP	SEP	SEP	OCT	OCT	OCT	NOV	NOV	NOV	DEC	DEC	DEC	

1	10518132001	AADITHYA SAI SANKAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Aadithya S</i>
2	10518132002	AISWARYA. J	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Aiswaryaj</i>
3	10518132003	AJMAL U.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Ajmal</i>
4	10518132004	AKSHAY GITA NAND	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Akshay Gita</i>
5	10518132005	ANANDHU B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Anandhu B</i>
6	10518132006	ASWIN.A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Aswin A.</i>
7	10518132007	GEETHU . G . S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Geethu G.S</i>
8	10518132008	HARI. S. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Hari S.S</i>
9	10518132009	MANIKANDAN.J	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	<i>Manikand</i>
10	10518132010	MIDHILA. M. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Midhila M.S</i>
11	10518132011	MOHITH KUMAR. V. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Mohith</i>
12	10518132012	REJIN R S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Rejin R</i>
13	10518132013	SNEHA.M.S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Sneha</i>
14	10518132014	VIJESH V S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	<i>Vijesh</i>

15	10518132015	VISAKH VINOD	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Vishal
16	10518132016	VISHNU V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Vishnu V
17	10518132017	VRINDHA .S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Vrindha S	
18	10518132018	AAISHA BABU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aaishababu	
19	10518132019	ABHIJITH.C.S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Abhijith.C.S	
20	10518132020	ABHIRAM S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Abhiram S	
21	10518132021	ABHIRAMI. S	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Abhirami S	
22	10518132022	ABIN.T	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Abin.T	
23	10518132023	AJAL CHANDRAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Ajal
24	10518132024	AKASH SASI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akash Sasi
25	10518132025	AKHIL PRASANAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akhil P
26	10518132026	AMAL BABU A R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Amal Babu R
27	10518132027	AMRUTHA .V.M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Amrutha V.M
28	10518132028	ANANDHU R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anandhu R
29	10518132029	ANANDU KUMAR S.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anandhu R
30	10518132030	ANIJITH B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anijith B
31	10518132031	ANJALI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anjali S
32	10518132032	ANU J.A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Anu J.A
33	10518132033	ARAVIND. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aravind S
34	10518132034	ARUN KUMAR B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aravind S
35	10518132035	ARUNIMA.A.S.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aravind S
36	10518132036	ASALAM A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aravind S
37	10518132037	ASHEEMA.S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aravind S

38	10518132038	ASHIK MATHREW VARGHESE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Ashik
39	10518132039	ASWATHI.S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aswathi
40	10518132040	ASWIN DEV D	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aswin
41	10518132041	BALARAMAN S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Balaraman
42	10518132042	CHANDANA NAGENDRAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Chandana
43	10518132043	FATHIMA S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Fathima
44	10518132044	FATHIMA. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Fathima
45	10518132045	FIJITH S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Fijith
46	10518132046	GOKUL A M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Gokul
47	10518132047	HARI PRAKASH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Hari
48	10518132048	JASEEMA.D.S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Jaseema
49	10518132049	JAYALEKSHMI.L	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Jayalekshmi
50	10518132050	KARTHIKA SURESH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Karthika
51	10518132051	KRIPA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Kripa
52	10518132052	NABEEZ19ATHUL MISIRIYA .S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Nabeez
53	10518132053	PREMRAJ.P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Premraj
54	10518132054	RADHIKA .R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Radhika
55	10518132055	RADHUNA S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Radhuna
56	10518132056	RAHUL RAJ R S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Rahul
57	10518132057	REJITH. R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Rejith
58	10518132058	ROOPESH D	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Roopesh
59	10518132059	SANGEETH S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sangeeth
60	10518132060	SHABNAM. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Shabnam

