

SREE NARAYANA COLLEGE



KOLLAM- 691001

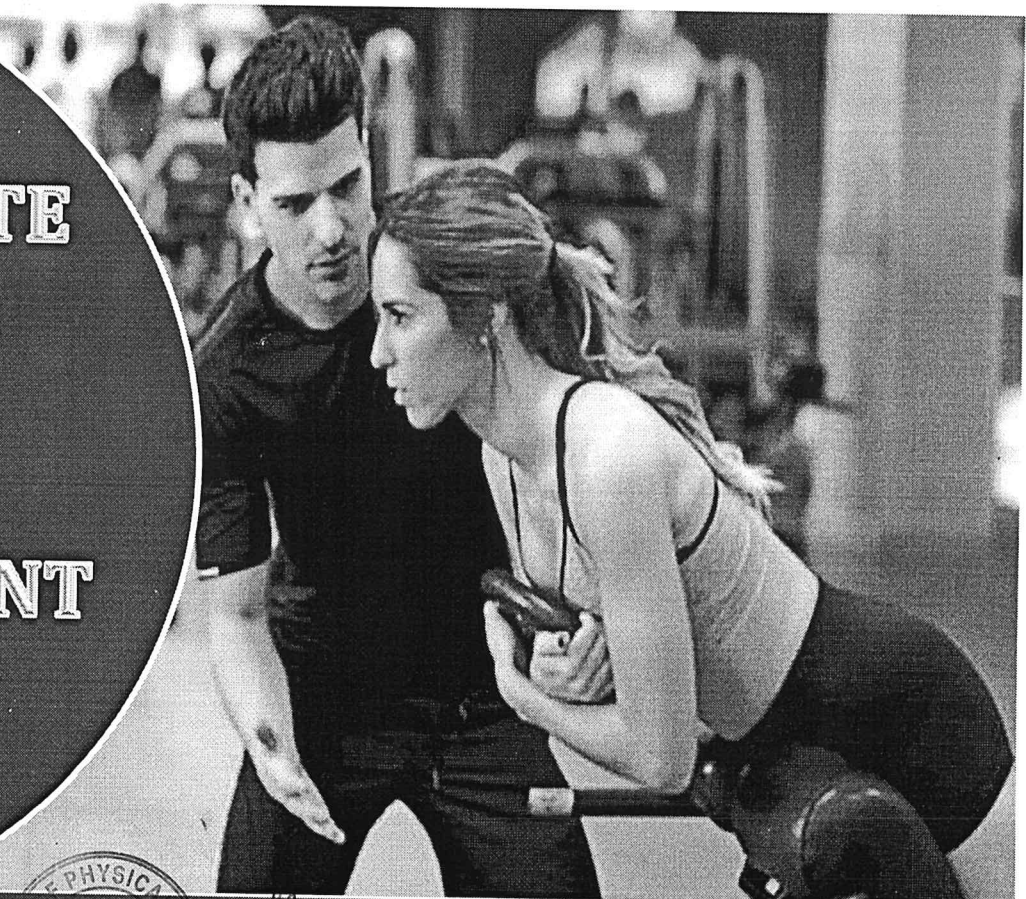


DEPT. OF PHYSICAL EDUCATION

ADMISSIONS
OPEN
2020-2021

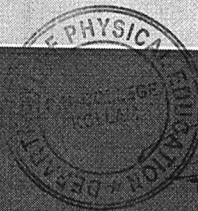
**CERTIFICATE
COURSE
IN
FITNESS
MANAGEMENT**

2020-21



Contacts:

**Sri. Vishnu Raj R
Mob: 9497780008**



Vishnu Raj R
VISHNU RAJ R
ASSISTANT PROFESSOR
DEPT. OF PHYSICAL EDUCATION
S.N. COLLEGE, KOLLAM

Duration: 3 Months

October to December 2020

NOTICE

A meeting of the Board of Studies of Certificate Course in Fitness Management will be held on 08/June/2020 at 02:00 PM. All the members are requested to attend the meeting without fail.

Agenda :-

- 1) Syllabus of the Course
- 2) Title of the Course
- 3) Duration of the Course







A handwritten signature in purple ink, appearing to read "Vishnu Raj R".

VISHNU RAJ R
ASSISTANT PROFESSOR
DEPT. OF PHYSICAL EDUCATION
S.N. COLLEGE, KOLLAM

Minutes :-

A meeting of the members of the Certificate Course in Fitness Management of the Department of Physical Education was held on 08/June/2020 at 2 P.M.

Members Present :

1. Dr. Manoj M J 
2. Dr. S. V. Manoj 
3. Mr. Vishnu Raj R 
4. Dr. Girish Gopalakrishnan 

Decision taken in the meeting:-

1. A basic outline was formed for the syllabus and curriculum.
2. It was decided to commence the course on 16th July 2020.
3. The aims and objectives of the course were discussed in detail.


Principal
Sree Narayana College
Kollam



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Sree Narayana College Kollam

Certificate course 2020-2021


Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN FITNESS MANAGEMENT

STUDENTS LIST

Sl No	Course Register NO.	NAME OF THE STUDENT	CANDIDATE CODE	CATEGORY	MALE/FEMALE
1	DPE/CCFM/101	AISWARYA .S	24719132002	GEN	FEMALE
2	DPE/CCFM/102	AKSHAY S. KUMAR	24719132019	GEN	MALE
3	DPE/CCFM/103	PUNYA V	24519132020	GEN	FEMALE
4	DPE/CCFM/104	SAJU B	24519132021	GEN	MALE
5	DPE/CCFM/105	AKHILA VARGHESE	24519132025	GEN	FEMALE
6	DPE/CCFM/106	ANAINA SURESH	23519132007	OBC	FEMALE
7	DPE/CCFM/107	LEKSHMI SURESH	23519132017	OBC	FEMALE
8	DPE/CCFM/108	SREEKKUTTAN.B	23519132023	OBC	MALE
9	DPE/CCFM/109	AISWARYA ANILKUMAR	15919132004	OBC	FEMALE
10	DPE/CCFM/110	ARSHA SREEKUMAR	15919132010	OBC	FEMALE
11	DPE/CCFM/111	SRUTHI S BINU	15919132023	OBC	FEMALE
12	DPE/CCFM/112	ANUPAMA PRASANNAN	15919132038	OBC	FEMALE
13	DPE/CCFM/113	ATHULYA P	15919132047	OBC	FEMALE
14	DPE/CCFM/114	SIDHARTH V S	15919132075	OBC	MALE
15	DPE/CCFM/115	ABHIJITH M P	15919132081	OBC	MALE
16	DPE/CCFM/116	ANUSHA N	15019132039	OBC	FEMALE
17	DPE/CCFM/117	ASHITHA C P	15019132042	OBC	FEMALE
18	DPE/CCFM/118	HAREESHMA ANIL M	15019132052	OBC	FEMALE
19	DPE/CCFM/119	PARVATHY M S	15019132062	OBC	FEMALE
20	DPE/CCFM/120	PREMSAGAR S	15019132065	OBC	MALE




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Certificate course 2020-2021


Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN FITNESS MANAGEMENT

ATTENDANCE STATEMENT : JULY 2020

Sl No	Name of the Student	16/07/2020	21/07/2020	23/07/2020	27/07/2020	31/07/2020
1	AISWARYA .S	P	P	P	P	P
2	AKSHAY S. KUMAR	P	P	A	A	A
3	PUNYA V	P	P	P	A	P
4	SAJU B	P	P	P	P	P
5	AKHILA VARGHESE	P	A	P	P	P
6	ANAINA SURESH	A	P	P	A	P
7	LEKSHMI SURESH	P	A	P	P	P
8	SREEKKUTTAN.B	A	A	P	P	P
9	AISWARYA ANILKUMAR	P	P	P	A	P
10	ARSHA SREEKUMAR	P	P	P	P	P
11	SRUTHI S BINU	P	P	P	P	P
12	ANUPAMA PRASANNAN	A	P	P	P	P
13	ATHULYA P	P	P	P	A	P
14	SIDHARTH V S	P	A	P	P	P
15	ABHIJITH M P	A	P	A	P	P
16	ANUSHA N	P	P	P	P	A
17	ASHITHA C P	P	P	P	P	P
18	HAREESHMA ANIL M	A	P	P	P	A
19	PARVATHY M S	P	A	P	P	P
20	PREMSAGAR S	P	P	P	A	P




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Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN FITNESS MANAGEMENT

ATTENDANCE STATEMENT : AUGUST 2020

Sl No	Name of the Student	03/08/2020	07/08/2020	10/08/2020	13/08/2020	17/08/2020	20/08/2020	24/08/2020	26/08/2020	28/08/2020	31/08/2020
1	AISWARYA .S	A	P	A	P	A	P	P	P	P	P
2	AKSHAY S. KUMAR	P	P	A	A	P	P	P	A	P	P
3	PUNYA V	P	P	P	A	P	A	P	P	P	A
4	SAJU B	P	P	P	P	P	P	A	P	P	P
5	AKHILA VARGHESE	P	A	P	P	A	P	P	P	P	P
6	ANAINA SURESH	A	P	P	A	P	P	P	A	P	A
7	LEKSHMI SURESH	P	A	P	P	P	A	P	P	P	P
8	SREEKKUTTAN.B	A	P	P	P	A	P	A	P	A	P
9	AISWARYA ANILKUMAR	P	P	P	A	P	P	P	P	P	P
10	ARSHA SREEKUMAR	P	A	P	P	P	P	A	P	P	A
11	SRUTHI S BINU	P	P	A	P	A	P	P	P	P	P
12	ANUPAMA PRASANNAN	A	P	P	P	P	A	P	P	P	A
13	ATHULYA P	P	P	P	A	P	P	P	A	P	P
14	SIDHARTH V S	P	A	P	P	P	P	A	P	P	P
15	ABHIJITH M P	A	P	A	P	A	P	P	P	A	P
16	ANUSHA N	P	P	P	P	P	P	P	A	P	A
17	ASHITHA C P	P	P	A	P	P	P	A	P	P	P
18	HAREESHMA ANIL M	A	P	P	P	A	P	P	P	P	A
19	PARVATHY M S	P	A	P	P	P	A	P	A	P	P
20	PREMSAGAR S	P	P	P	A	P	P	P	P	A	P

Turthatharajil
Principal
Sree Narayana College
Kollam



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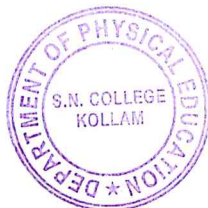
Certificate course 2020-2021

Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN FITNESS MANAGEMENT

ATTENDANCE STATEMENT : SEPTEMBER 2020

Sl No	Name of the Student	04/09/2020	07/09/2020	09/09/2020	11/09/2020	14/09/2020	17/09/2020	21/09/2020	24/09/2020	26/09/2020	29/09/2020
1	AISWARYA .S	A	P	A	P	A	P	P	P	P	P
2	AKSHAY S. KUMAR	P	P	A	A	P	P	P	A	P	P
3	PUNYA V	P	P	P	A	P	A	P	P	P	A
4	SAJU B	P	P	P	P	P	P	A	P	P	P
5	AKHILA VARGHESE	P	A	P	P	A	P	P	P	P	P
6	ANAINA SURESH	A	P	P	A	P	P	P	A	P	A
7	LEKSHMI SURESH	P	A	P	P	P	A	P	P	P	P
8	SREEKKUTTAN.B	A	P	P	P	A	P	A	P	A	P
9	AISWARYA ANILKUMAR	P	P	P	A	P	P	P	P	P	P
10	ARSHA SREEKUMAR	P	A	P	P	P	P	A	P	P	A
11	SRUTHI S BINU	P	P	A	P	A	P	P	P	P	P
12	ANUPAMA PRASANNAN	A	P	P	P	P	A	P	P	P	A
13	ATHULYA P	P	P	P	A	P	P	P	A	P	P
14	SIDHARTH V S	P	A	P	P	P	P	A	P	P	P
15	ABHIJITH M P	A	P	A	P	A	P	P	P	A	P
16	ANUSHA N	P	P	P	P	P	P	P	A	P	A
17	ASHITHA C P	P	P	A	P	P	P	A	P	P	P
18	HAREESHMA ANIL M	A	P	P	P	A	P	P	P	P	A
19	PARVATHY M S	P	A	P	P	P	A	P	A	P	P
20	PREMSAGAR S	P	P	P	A	P	P	P	P	A	P



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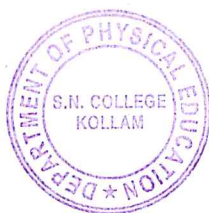
Certificate course 2020-2021

Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN FITNESS MANAGEMENT

ATTENDANCE STATEMENT : OCTOBER 2020

Sl No	Name of the Student	02/10/2020	05/10/2020	08/10/2020	12/10/2020	15/10/2020	19/10/2020	22/10/2020
1	AISWARYA .S	P	A	P	P	P	P	P
2	AKSHAY S. KUMAR	A	P	P	P	A	P	P
3	PUNYA V	A	P	A	P	P	P	P
4	SAJU B	P	P	P	A	P	P	A
5	AKHILA VARGHESE	P	A	P	P	P	P	P
6	ANAINA SURESH	A	P	P	P	A	P	P
7	LEKSHMI SURESH	P	P	A	P	P	P	P
8	SREEKKUTTAN.B	P	A	P	A	P	A	A
9	AISWARYA ANILKUMAR	A	P	P	P	P	P	P
10	ARSHA SREEKUMAR	P	P	P	A	P	P	A
11	SRUTHI S BINU	A	P	A	P	A	P	P
12	ANUPAMA PRASANNAN	P	P	A	A	P	P	P
13	ATHULYA P	P	P	P	A	P	A	P
14	SIDHARTH V S	P	P	P	P	P	P	A
15	ABHIJITH M P	P	A	P	P	A	P	P
16	ANUSHA N	A	P	P	A	P	P	P
17	ASHITHA C P	P	A	P	P	P	A	P
18	HAREESHMA ANIL M	A	P	P	P	A	P	A
19	PARVATHY M S	P	P	P	A	P	P	P
20	PREMSAGAR S	P	A	P	P	P	P	A



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Name of Dept : PHYSICAL EDUCATION

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GRADE SHEET

Sl No	Course Register NO.	Name of the Student	CANDIDATE CODE	Male/ Female	Grade	Remarks
1	DPE/CCFM/101	AISWARYA .S	24719132002	FEMALE	O	
2	DPE/CCFM/102	AKSHAY S. KUMAR	24719132019	MALE	A	
3	DPE/CCFM/103	PUNYA V	24519132020	FEMALE	C	
4	DPE/CCFM/104	SAJU B	24519132021	MALE	A+	
5	DPE/CCFM/105	AKHILA VARGHESE	24519132025	FEMALE	B+	
6	DPE/CCFM/106	ANAINA SURESH	23519132007	FEMALE	B	
7	DPE/CCFM/107	LEKSHMI SURESH	23519132017	FEMALE	A	
8	DPE/CCFM/108	SREEKKUTTAN.B	23519132023	MALE	B+	
9	DPE/CCFM/109	AISWARYA ANILKUMAR	15919132004	FEMALE	A	
10	DPE/CCFM/110	ARSHA SREEKUMAR	15919132010	FEMALE	A	
11	DPE/CCFM/111	SRUTHI S BINU	15919132023	FEMALE	O	
12	DPE/CCFM/112	ANUPAMA PRASANNAN	15919132038	FEMALE	P	
13	DPE/CCFM/113	ATHULYA P	15919132047	FEMALE	O	
14	DPE/CCFM/114	SIDHARTH V S	15919132075	MALE	B	
15	DPE/CCFM/115	ABHIJITH M P	15919132081	MALE	A	
16	DPE/CCFM/116	ANUSHA N	15019132039	FEMALE	A	
17	DPE/CCFM/117	ASHITHA C P	15019132042	FEMALE	A+	
18	DPE/CCFM/118	HAREESHMA ANIL M	15019132052	FEMALE	B	
19	DPE/CCFM/119	PARVATHY M S	15019132062	FEMALE	O	
20	DPE/CCFM/120	PREMSAGAR S	15019132065	MALE	A	



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Certificate course 2020-2021

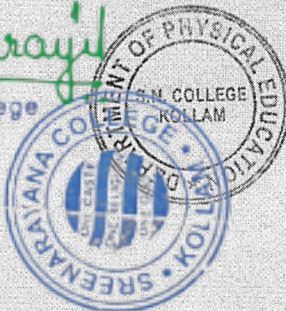
Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN FITNESS MANAGEMENT

GRADE SHEET FOR NOTICE BOARD

Sl No	Course Register NO.	Name of the Student	CANDIDATE CODE	Male/ Female	Grade	Students Signature
1	DPE/CCFM/101	AISWARYA .S	24719132002	FEMALE	O	Aiswarya
2	DPE/CCFM/102	AKSHAY S. KUMAR	24719132019	MALE	A	Akshay
3	DPE/CCFM/103	PUNYA V	24519132020	FEMALE	C	Punya
4	DPE/CCFM/104	SAJU B	24519132021	MALE	A+	Saju
5	DPE/CCFM/105	AKHILA VARGHESE	24519132025	FEMALE	B+	Akhila
6	DPE/CCFM/106	ANAINA SURESH	23519132007	FEMALE	B	Anaina
7	DPE/CCFM/107	LEKSHMI SURESH	23519132017	FEMALE	A	Lekshmi
8	DPE/CCFM/108	SREEKKUTTAN.B	23519132023	MALE	B+	Sreekkuttan
9	DPE/CCFM/109	AISWARYA ANILKUMAR	15919132004	FEMALE	A	Aiswarya
10	DPE/CCFM/110	ARSHA SREEKUMAR	15919132010	FEMALE	A	Arsha
11	DPE/CCFM/111	SRUTHI S BINU	15919132023	FEMALE	O	Sruthi
12	DPE/CCFM/112	ANUPAMA PRASANNAN	15919132038	FEMALE	P	Anupama
13	DPE/CCFM/113	ATHULYA P	15919132047	FEMALE	O	Athulya
14	DPE/CCFM/114	SIDHARTH V S	15919132075	MALE	B	Sidharth
15	DPE/CCFM/115	ABHIJITH M P	15919132081	MALE	A	Abhijith
16	DPE/CCFM/116	ANUSHA N	15019132039	FEMALE	A	Anusha
17	DPE/CCFM/117	ASHITHA C P	15019132042	FEMALE	A+	Ashitha
18	DPE/CCFM/118	HAREESHMA ANIL M	15019132052	FEMALE	B	Hareeshma
19	DPE/CCFM/119	PARVATHY M S	15019132062	FEMALE	O	Parvathy
20	DPE/CCFM/120	PREMSAGAR S	15019132065	MALE	A	Premagar

Turtha Thirayil
Principal
Sree Narayana College
Kollam



Course Coordinator
[Signature]

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S.N. COLLEGE, KOLLAM



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

Accredited by NAAC "A" Grade & ARIIA AIR II

CERTIFICATE

This is to certify that Ms. Aiswarya S.....
 Department of B.Sc. Biotechnology..... Candidate Code 24719132002.....
 Certificate Course in Fitness Management..... has successfully completed
 the Department of Physical Education..... conducted by
 Academic Year 2020-2021..... during the

COURSE CO-ORDINATOR

GENERAL CO-ORDINATOR

IQAC CO-ORDINATOR

PRINCIPAL



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

Accredited by NAAC "A" Grade & ARIIA AIR II

CERTIFICATE

This is to certify that *M.F.M.Fs/MS*..... *Punja V*.....
 Department of..... *B.Sc. Botany*..... Candidate Code..... *24519132020*.....
 Certificate Course in..... *Fitness Management*..... has successfully completed
 the Department of..... *Physical Education*..... conducted by
 Academic Year..... *2020-2021*..... during the

COURSE CO-ORDINATOR

GENERAL CO-ORDINATOR

IQAC CO-ORDINATOR

PRINCIPAL



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

Accredited by NAAC "A" Grade & ARIIA AIR II

CERTIFICATE

This is to certify that Mr./M/s./Ms. Sreekruttan B. Candidate Code 23519132023 has successfully completed
 Department of B.Sc. Chemistry Certificate Course in Fitness Management conducted by
 the Department of Physical Education during the
 Academic Year 2020-2021

COURSE CO-ORDINATOR

GENERAL CO-ORDINATOR

IQAC CO-ORDINATOR

PRINCIPAL



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Accredited by NAAC "A" Grade & ARIIA AIR II

CERTIFICATE

This is to certify that Mr./MRS./MS.....*Aiswarya Anilkumar*.....

Department of.....*Commerce*..... Candidate Code...*15919132004*.....

Certificate Course in.....*Fitness Management*.....has successfully completed

the Department of.....*Physical Education*.....conducted by

Academic Year.....*2020-2021*.....during the

COURSE CO-ORDINATOR

GENERAL CO-ORDINATOR

IQAC CO-ORDINATOR

PRINCIPAL



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

Accredited by NAAC "A" Grade & ARIIA AIR II

CERTIFICATE

This is to certify that Mr./MRS/MS.....*Abhijith M.P.*.....

..... Candidate Code.....*15919132081*.....

Department of.....*Commerce*.....

Certificate Course in.....*Fitness Management*.....

the Department of.....*Physical Education*.....

Academic Year.....*2020-2021*..... during the

COURSE CO-ORDINATOR

GENERAL CO-ORDINATOR

IQAC CO-ORDINATOR

PRINCIPAL



Sree Narayana College, Kollam

Affiliated to the University of Kerala
Accredited by NAAC with A Grade & ARIIA AIR II

CERTIFICATE

This is to certify that Mr./Mrs./Ms. *Kannan Haridasan*..... has
successfully completed his/her duty as *Yoga Instructor*..... of the
Certificate Course in *Fitness Management* offered by the Department of
Physical Education..... during the Academic Year *2020-21*.....

[Signature]

CO-ORDINATOR

[Signature]

IQAC CO-ORDINATOR

[Signature]

PRINCIPAL