

# Sree Narayana College Punalur

Chemmanthoor, Punalur, Kollam Kerala-691305  
Telephone: 0475 2222635, 0475 3258895  
Email: [sncpunalur@gmail.com](mailto:sncpunalur@gmail.com), Website: [www.sncpunalur.in](http://www.sncpunalur.in)

**Third Cycle NAAC Accreditation 2022**



# SREE NARAYANA COLLEGE, PUNALUR



NCC Unit, COY-4 , 9(K) BN  
NCC KOTTARAKARA

CELEBRATES

INTERNATATIONAL YOGA DAY 2017

*"Yoga for Health "*

DATE : 21 JUNE 2017

TIME : 9.30 AM

VENUE : INDOOR AUDITORIUM



2017

List of students -

a) NCC cadets

S.No	NCC Number	Name of the student	Signature
1	KL 16 SD A 120165	Abhilash. K	
2	KL 16 SD A 120166	Abin Sanillesh	
3	KL 16 SD A 120167	Akhil Ag.	
4	KL 16 SD A 120168	Akhil Dev. S.	
5	KL 16 SD A 120169	Akshil Krishnan	
6	KL-16 SD A 120171	Akshai. S	
7	KL 16 SD A 120172	Alek Vijay. V. R	
8	KL 16 SD A 120173	Anandha. Goopan.	
9	KL 16 SD A 120174	Aroop. D	
10	KL 16 SD A 120175	Arsip. S	
11	KL-16 SD A 120176	Anu. B	
12	KL-16. SDA 120177	Aayin Suresh.	
13	KL 16 SD A 120178	Ahemal. U. S	
14	KL 16 SD A 120179	Anunjith. A.	
15	KL 16 SD A 120180	Binoi Baijer	
16	KL 16 SD A 120181	Gokul. S. P.	
17	KL 16 SD A 120182	Gokul U Nais	
18	KL 16 SD A 120183	Krishnakumar. H	
19	KL 16 SD A 120184	Gokul. R.	
20	KL 16 SD A 120185	Muhammad Sabad	
21	KL-16 SDA 120186	Paanan. S.	
22	KL 16 SD A 120187	Prabul	
23	KL 16 SD A 120188	Roshan. Joes.	
24	KL 16 SD A 120189	Sachin	
25	KL 16 SD A 120190	Sachin Prasad	
26	KL 16 SD A 120191	Vishnu P. R	



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PUNALUR



			Unayak. P. R	
27	KL16 SDA 120192		Vinayak. V. S	
28	KL 16 SDA 120193		Abhirami A.S.	
29	KL16 SDA 120195		Anajna. J. A	
30	KL 16 SW A 120196		Anakha. R. S.	
31	KL16 SWA 120197		Anjali. A. K.	
32	KL 16 SW A 120198		Ashna. Murali	
33	KL16 SWA 120199		Athulya. Raj	
34	KL16 SWA 120200		Arjati Avani U. R	
35	KL 16 SWA A 120201		Arjya. Rajan.	
36	KL16 SWA 120202		Kausha. S. Raj.	
37	KL16 SWA 120203		Lekshmi. M. J	
38	KL16 SWA A 120204		Lijily. J. Paricker.	
39	KL 16 SWA A 120205		Megha Madhu. R	
40	KL 16 SW A 120206		Revathy. V. Nath...	
41	KL 16 SW A 120208		Samyuktha. S..	
42	KL 16 SW A 120209		Seethu	
43	KL 16 SW A 120210		Thasli Basheer.	
44	KL16 SWA 120211		Keerthika. R	
45	KL16SWA 120212		Athulya. Chandran.	
46	KL16SWA 120507		Athiya. P	
47	KL 15 SW A 120508		Arnu. D.	
48	KL 15 SWA 120510		Aranya. S.	
49	KL 15 SWA 120511		Nirna. J. D	
50	KL 15 SW A 120513		Keerthi. Vijayan	
51	KL15 SWA 120514		Aswathy. B. Murali	
52	KL15 SWA 120515		Nesaja. S. Kumari	
53	KL15 SWA 129516		Rajalekshmi. R.	
54	KL15 SWA 129517		Simi. G.	
55	KL15 SWA 129520.		Remya. S	
56	KL 15 SW A 129522		Anjali	
57	KL 15 SWA 129523		Arjun	
58	KL15 SWA 129524			

KL 15 SWA 129524  
 25 FEB 1987  
 PRINCIPAL  
 SREE NARAYANA COLLEGE  
 PUNALUR

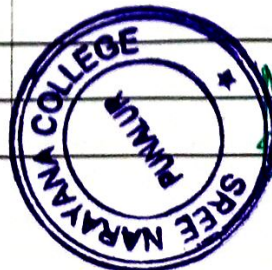


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Sl.No.	NCC Number	Name of the student	Signature
59	KL 15 SDA 129481	Aashad Ajith	<u>Aashad Ajith</u>
60	KL 15 SDA 129483	Aarun Udayan	<u>Aarun</u>
61	KL 15 SDA 129484	Abijith F.S	<u>Abijith</u>
62	KL 15 SDA 129485	Akash S. Kumar	<u>Akash Kumar</u>
63	KL 15 SDA 129486	Abul Faizy	<u>Abul Faizy</u>
64	KL 15 SDA 129487	Abul Muhammad	<u>Abul</u>
65	KL 15 SDA 129488	Anandhu S	<u>Anandhu</u>
66	KL 15 SDA 129489	Adith Mohan	<u>Adith</u>
67	KL 15 SDA 129490	Ajith T.J	<u>Ajith</u>
68	KL 15 SDA 129491	Beijit Aji	<u>Beijit</u>
69	KL 15 SDA 129492	Aromal V.S	<u>Aromal</u>
70	KL 15 SDA 129493	Jyokul S	<u>Jyokul</u>
71	KL 15 SDA 129494	Kaan S	<u>Kaan</u>
72	KL 15 SDA 129495	Saadkhan S	<u>Saadkhan</u>
73	KL 15 SDA 129497	Muhammad Rafi	<u>Muhammad Rafi</u>
74	KL 15 SDA 129498	Nandu S	<u>Nandu</u>
75	KL 15 SDA 129499	Rahul V	<u>Rahul</u>
76	KL 15 SDA 129500	Sadhu S	<u>Sadhu</u>
77	KL 15 SDA 129501	Sasath Krishnan	<u>Sasath Krishnan</u>
78	KL 15 SDA 129502	Shanu M	<u>Shanu</u>
79	KL 15 SDA 129503	Vijesh M	<u>Vijesh</u>
80	KL 15 SDA 129504	Vishnu Raj P	<u>Vishnu Raj P</u>
81	KL 15 SDA 129505	Vishakh A.S	<u>Vishakh</u>
82	KL 15 SDA 129525	Nandu Sindhan	<u>Nandu Sindhan</u>
83	KL 15 SDA 129526	Jesnu T Baby	<u>Jesnu T Baby</u>
84	KL 15 SDA 129527	Anand Mohana	<u>Anand</u>
85	KL 15 SD 129528	Yadhu Krishnan	<u>Yadhu Krishnan</u>



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b) Other students

Sl. No.	Name of the student	Department	Signature
86.	Aaya Mohan	English	Aaya
87.	Anoop MG	English	Anoop
88.	Susya R.	English	Susya
89.	Geetha Krishna	Zoology	Geetha
90.	Jamuna S	Zoology	Jamuna
91.	Anandhu V S	Chemistry	Anandhu
92.	Yadhu Krishna	Chemistry	Yadhu
93.	Anandhram	Chemistry	Anandhram
94.	Ansita	Economics	Ansita
95.	Alina R	Economics	Alina
96.	Vipin V	Economics	Vipin
97.	Rony Roy	Physics	Rony
98.	Ancha R S	Physics	Ancha
99.	Meera Mohan	Physics	Meera
100.	Anoob M	Physics	Anoob



Arjun  
 PRINCIPAL-IN-CHARGE  
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## Report of International Yoga Day Celebration 2017-2018

21 June is declared as the International Yoga Day by the United Nations General Assembly on 11 December 2014 as a result of the relentless efforts of our Prime Minister Mr. Narendra Modi. In its resolution, the UNGA endorsed that "Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life".

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. On 21 June 2017 the NCC unit of S.N. College, Punalur celebrated World Yoga Day by conducting a yoga class in the college. The programme uploaded the year's theme "Yoga for health". The programme was inaugurated by Lt. Dr. Arun V, Principal, S.N. College, Punalur and the class was led by Dr. Jasmine Anand, Assistant Professor and Head, Department of Zoology. The class was conducted in two batches. It included both theory and practical lessons. Hundred students participated in the programme. As part of the programme the students learned different asanas and their benefits. In addition to this, they also understood the significance of yoga in maintaining good health.



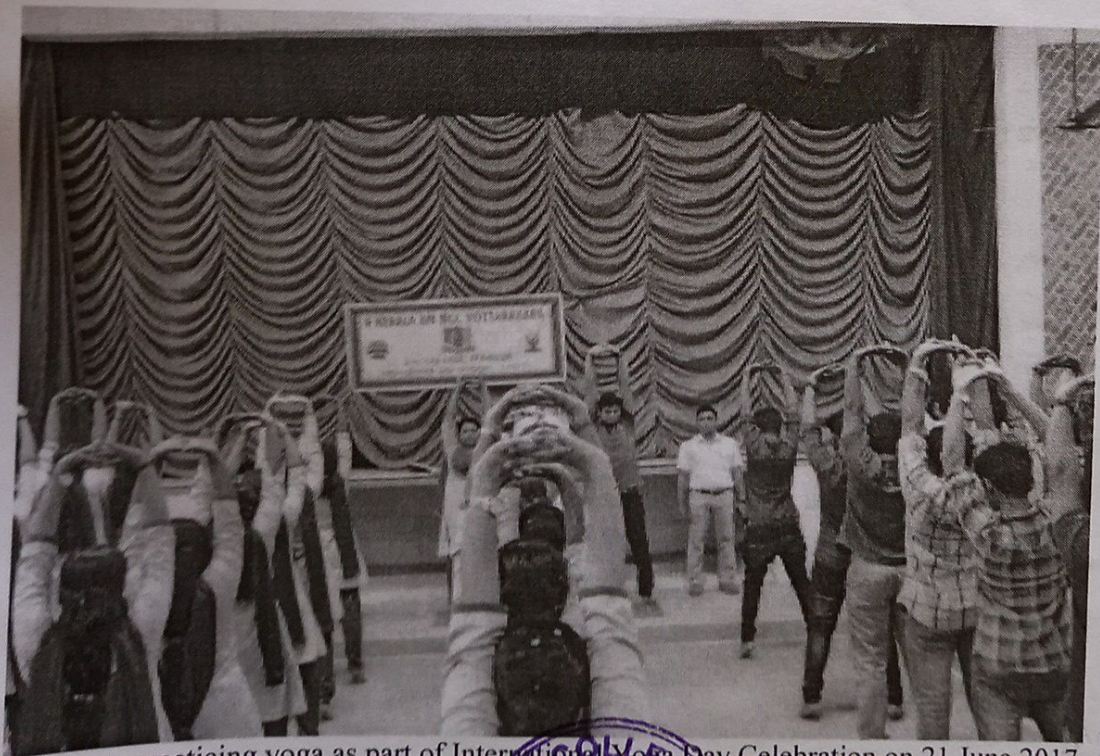
*Arun*

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Students practicing yoga as part of International Yoga Day Celebration on 21 June 2017



Students practicing yoga as part of International Yoga Day Celebration on 21 June 2017



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PUNALUR  
*Amma*



# SREE NARAYANA COLLEGE, PUNALUR



NSS UNIT No. 28 A, B

CELEBRATES

INTERNATATIONAL YOGA DAY 2018

*"Yoga for Peace "*

DATE: 21 JUNE 2018

TIME: 9.30 AM

VENUE: INDOOR AUDITORIUM

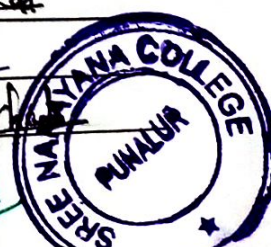


List of Students who attended the class is given below;

A) NSS Volunteers.

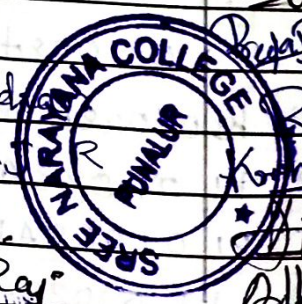
SI No	Enrollment Number	Name of Student	Signature.
1.	KL-07-028A-17-0101	Anakha.R.S	
2	KL-07-028A-17-010	Vismaya Sajan	
3	KL-07-028A-17-0103	Vismitha Sajan.	
4	KL-07-028A-17-0104	Bhavana Babu	
5	KL-07-028A-17-0105	Remya.P. Swam.	
6	KL-07-028A-17-0106	Samaj.Y.	
7	KL-07-028A-17-0107	Vasumathi.R	
8	KL-09-028A-17-0108	Vignesh.D.S	
9	KL-07-028A-17-0109	Abhinha.Hashim.	
10	KL-07-028A-17-0110	Ansal.N	
11	KL-07-028A-17-0111	Ayana Pramod	
12	KL-07-028A-170112	Jayalekshmi.S	
13	KL-07-028A-170113	Vishnu.Narayan V.N	
14	KL-07-028A-170114	Nihal.N. Hussain.	
15	KL-07-028A-17-0115	Nitheesh.S.	
16	KL-07-028A-17-0116	Rani Thancy S	
17	KL-07-028A-17-0117	Achanya.Reghu.	
18	KL-07-028A 170118	Arya.V	
19	KL-07-028A 170119	Kaishma L S	
20	KL-07-028A 170120	Varsha.V.T.	
21	KL-07-028A-170121	Akshay.S.	
22	KL 07-028A 170122	Akhila. Saij	
23	KL 07 028A 170123	AmalRaj.S	
24	KL 07 028A 170124	Athna.L	
25	KL 07 028A 170125	Bigly Susan. Shibu	
26	KL 07 028A 170126	Rahul.B	
27.	KL 07028A 170127	Sneha Chandra Babu	

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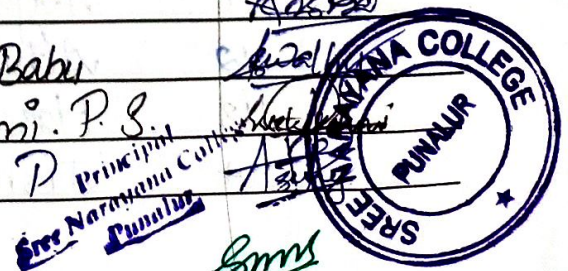


28	KL-07-028A-17-0128	Anjali M	Anjali
29	KL-07-028A-17-0129	Lijo Roy.	Lijo Roy.
30	KL-07-028A-17-0130	Jithin Prakash J	Jithin Prakash
31	KL-07-028A-17-0131	Sasath Sreekumar	Sasath
32	KL-07-028A-17-0132	Adithya. T G	Adithya
33	KL-07-028A-17-0133	Anju Mohan	Anju Mohan
34	KL-07-028A-17-0134	Abhisam J	Abhisam J.
35	KL-07-028A-17-0135	Ambu. B	Ambu B.
36	KL-07-028A-17-0136	Anandhu. M. V.	Anandhu M.V.
37	KL-07-028A-17-0137	Athulya. K.	Athulya
38	KL-07-028A-17-0138	Radhika. A-S.	Radhika A.S.
39	KL-07-028A-17-0139	Rage. G.	Rage G.
40	KL-07-028A-17-0140	Ajesh. S.	Ajesh S.
41	KL-07-028A-17-0141	Amal. A. S	Amal A.S.
42	KL-07-028A-17-0142	Neema. Prathap.	Neema Prathap
43	KL-07-028A-17-0143	Anju. A	Anju A.
44	KL-07-028A-17-0144	Anakha Mohan	Anakha Mohan
45	KL-07-028A-17-0145	Ashwini Suresh.	Ashwini
46	KL-07-028A-17-0146	Nivya Babu.	Nivya B.
47	KL-07-028A-17-0147	Vassha. B	Vassha B.
48	KL-07-028A-17-0148	Abhikrishnan. V.S	Abhikrishnan V.S
49	KL-07-028A-17-0149	Aiswarya. S. Anand	Aiswarya
50	KL-07-028A-17-0150	Arun. M.S.	Arun M.S.
51	KL-07-028A-17-0151	Amalnath R.	Amalnath
52	KL-07-028A-17-0152	Parvathy. B	Parvathy B.
53	KL-07-028A-17-0153	Revathy. P.R	Revathy P.R.
54	KL-07-028A-17-0154	Surya. R	Surya R.
55	KL-07-028A-17-0155	Pooja. J	Pooja J.
56	KL-07-028A-17-0156	Ragi Rajend.	Ragi Rajend.
57	KL-07-028A-17-0157	Krishnajith	Krishnajith
58	KL-07-028A-17-0158	Aiswarya. V.	Aiswarya V.
59	KL-07-028A-17-0159	Adhish. N. Raj.	Adhish N. Raj.





Sl No	Enrollment Number	Name of Student	Signature
60	KL-07-028A-17-0160	R. Akshai. kuma	
61	KL-07-028A-17-0161	Ueena. P.	
62	KL-07-028A-17-0162	Akhila. K.S.	
63	KL-07-028A-17-0163	Chandana. S	
64	KL-07-028A-17-0164	Aneesha. B	
65	KL-07-028A-17-0165.	Brun. krishnan. R.	
66	KL-07-028A-17-0166	Maithreyi. M.S	
67	KL-07-028A-17-0167	Keethana Chandan	
68	KL-07-028A-17-0168.	Sarath. P.	
69	KL-07-028A-17-0169	Sarath. Raj	
70	KL-07-028A-17-0170	Anandhu Bhasuran.	
71	KL-07-028A-17-0171	Smitha. S.	
72	KL-07-028A-17-0172	Aswathy. M.	
73	KL-07-028A-17-0172	Aswin. S	
74	KL-07-028A-17-0174	Gokul Gopalan	
75	KL-07-028A-17-0175	Karthika Chandan. V	
76	KL-07-028A-17-0176	Al-Ameen. R	
77	KL-07-028A-17-0177	Nalasinath. R	
78	KL-07-028A-17-0178	Sreelekshmi. G. R	
79	KL-07-028A-17-0179	Vishnu Udayan	
80	KL-07-028A-17-0180	Athira. S	
81	KL-07-028A-17-0181	Laiju. G	
82	KL-07-028A-17-0182	Adhish. S. Kumar	
83	KL-07-028A-17-0183	Gireeshma	
84	KL-07-028A-17-0184	Lekshmi. M. G	
85	KL-07-028A-17-0185	Soulby. S	
86	KL-07-028A-17-0186	Theertha Lekshmy. K.S	
87	KL-07-028A-17-0187	Absha. G	
88	KL-07-028A-17-0188	Aswathy Babu	
89	KL-07-028A-17-0189	Sreelekshmi. P. S.	
90	KL-07-028A-17-0190	Aswathy. P	



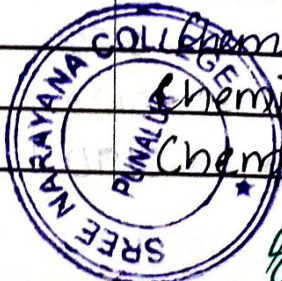
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91	KL-07-028A-17-0191	Athira M.V	Athira
92	KL-07-028A-17-0192	Vaishnavika V	Vaishna
93	KL-07-028A-17-0193	Salini S	Salini
94	KL-07-028A-17-0194	Akshay Anil	Akshay
95	KL-07-028A-17-0195	Anandhu Arilkumar	Anandhu
96	KL-07-028A-17-0196	Abhulya Ajayinath	Abhulya
97	KL-07-028A-17-0197	Jasirah James	Jasirah
98	KL-07-028A-17-0198	Jyotsna Nandini	Jyotsna
99	KL-07-028A-17-0199	Sreedevi S	Sreedevi
100	KL-07-028A-17-0200	Kiran P.R	Kiran

### Other Students

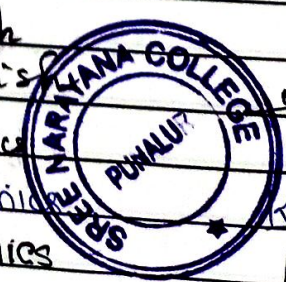
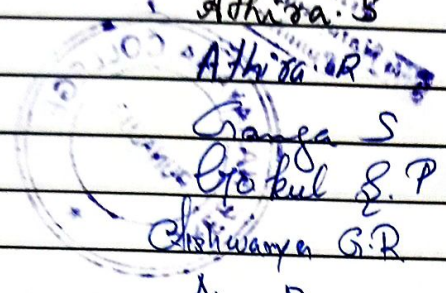
101	Ajmal M	B.Com	Ajmal
102	Alfia A	B.Com	Alfia
103	Robin Thomas	B.Com	Robin
104	Saran S	B.Com	Saran
105	Devi V	B.Com	Devi
106	Fathima A	B.Com	Fathima
107	Southi S	B.Com	Southi
108	Vaishak M	B.Com	Vaishak
109	Arya V	B.Com	Arya
110	Ashik S	B.Com	Ashik
111	Arya A.P	Chemistry	Arya
112	Abhulya Raj	Chemistry	Abhulya
113	Harsha S	Chemistry	Harsha
114	Jishnu R	Chemistry	Jishnu



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115	Arya S	Chemistry	Arya
116	Arya M.P	Chemistry	Arya
117	Aleena P	Chemistry	Aleena
118	Athira S	Chemistry	Athira
119	Athira R	Chemistry	Athira
120	Aranya S	Chemistry	Aranya
121	Arjun S.P	Chemistry	Arjun
122	Christiana G.R	Zoology	Christiana
123	Arya P	Zoology	Arya
124	Uinu. k	Zoology	Uinu
125	Akhila A	Zoology	Akhila
126	GOPIKA M P	Zoology	Gojica
127	Arnoop S	Physics	Arnoop
128	Athira S	Physics	Athira
129	Lekshmi M.J	Physics	Lekshmi
130	Saritha S	Physics	Saritha
131	Abin S John	Physics	Abin
132	Abin Santhosh	Physics	Abin
133	Jithin Raj	Physics	Jithinraj
134	Summayya B	Physics	Summayya
135	Ajini S	Mathematics	Ajini
136	Akhil A.G	Mathematics	Akhil
137	Anu A Kumar	Mathematics	Anu
138	Ansiya A	Mathematics	Ansiya
139	Arya Mahan	Mathematics	Arya
140	Deepu S	Mathematics	Deepu
141	Rahul T	English	Rahul
142	Akhila R.S	English	Akhila
143	Arya D. Raj	English	Arya
144	Akhil M	Economics	Akhil
145	Kanya P.S	Economics	Kanya
146	Athul T	Economics	Athul



Sri Narayana College  
Punalur  
Principal



147

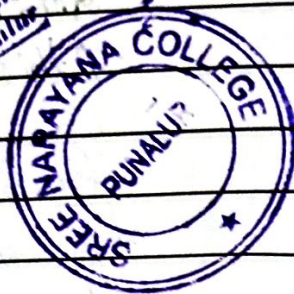
Dahur R

Finance

Shahul

Principal  
Narayana College  
Punalur

Sms





## Report of International Yoga Day Celebration 2018 – 2019

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature. It is a holistic approach to health and well-being. Beyond being an exercise, it creates a sense of oneness with ourselves, the world, and the nature. Thus, yoga plays a significant role in our holistic development.

The theme of fourth International Yoga Day was "Yoga for Peace". Yoga practice helps us to find inner peace. Yoga sessions often start with a short period of meditating that helps preparing both our body and mind to the upcoming exercises. Hence, negative energy passes, giving way to the flow of positive energy.

On 21 June 2018, the NSS Unit organized a yoga class as part of World Yoga Day celebration. The programme was inaugurated by the principal. The programme was led by Dr. Jasmine Anand, Assistant Professor, Department of Zoology. The aim of the programme to make the students aware about the significance of yoga and to build a healthy youth. The class included both theoretical and practical sessions. 147 students attended the class held in the college auditorium. The students studied various yogasanams and their benefits. Apart from this, they also understood the significance of yoga in the contemporary world.



  
PRINCIPAL  
SRI PERIYANA COLLEGE  
SIVAKASI

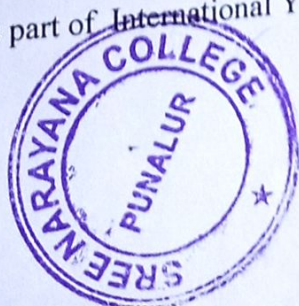




Students practicing yoga as part of International Yoga Day Celebration on 21 June 2018



Students practicing yoga as part of International Yoga Day Celebration on 21 June 2018



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PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR



# SREE NARAYANA COLLEGE, PUNALUR



NCC Unit, COY-4 , 9(K) BN  
NCC KOTTARAKARA

CELEBRATES

INTERNATATIONAL YOGA DAY 2019

*"Yoga for Heart "*

DATE: 21 JUNE 2019

TIME: 9.30 AM

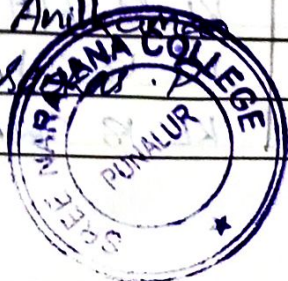
VENUE: INDOOR AUDITORIUM



List of students who attended the programme is given below.

a) NCC Cadets

Sl No.	NCC Number	Name of the student	Signature
1	KL 17 SWA 120231	Sankesilbara	Sankesilbara
2	KL 17 SWA 120232	Rajalekshmi	Rajalekshmi
3	KL 17 SWA 120233	Devika Babu	Devika Babu
4	KL 17 SWA 120234	Anjana Krishnan	Anjana Krishnan
5	KL 17 SWA 120235	Ajusha	Ajusha
6	KL 17 SWA 120236	Sangeetha	Sangeetha
7	KL 17 SWA 120237	Reethy	Reethy
8	KL 17 SWA 120238	Aishwarya	Aishwarya
9	KL 17 SWA 120239	Megha	Megha
10	KL 17 SDA 120213	Nishu Ramesh	Nishu
11	KL 17 SDA 120214	Vipin Vijayan	Vipin Vijayan
12	KL 17 SDA 120215	Jishnu Mb	Jishnu Mb
13	KL 17 SDA 120216	Aromal R	Aromal R
14	KL 17 SDA 120217	Sun Raghvi	Sun Raghvi
15	KL 17 SDA 120218	Sunil S	Sunil S
16	KL 17 SDA 120219	Akshay Murali	Akshay M
17	KL 17 SDA 120225	Mithun Raj M	Mithun Raj M
18	KL 17 SDA 120226	Jithin Raj P	Jithin Raj P
19	KL 17 SDA 120228	Amaznath Ug	Amaznath Ug
20	KL 17 SDA 120230	Faizal S	Faizal S
21	KL 18 SDA 120165	Abhai Sankar	Abhai Sankar
22	KL 18 SDA 120166	Abhijith As	Abhijith As
23	KL 18 SDA 120167	Abhijith Anil	Abhijith Anil
24	KL 18 SDA 120168	Ajay	Ajay



Principal  
Narayana College  
Punalur



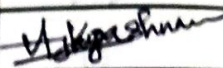

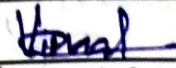
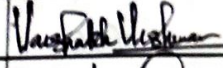
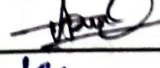

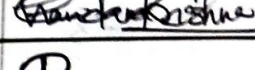
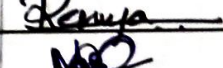

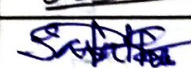
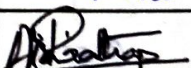
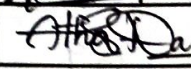

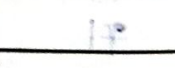
Sl No:	NCC Number	Name of Student	Signature
55	KL18SWA120202	Athira S. Sugathan	
56	KL18SWA120203	Bhavana Thilakan	
57	KL18SWA120204	Divya Prasad	
58	KL18SWA120205	Divya R	
59	KL18SWA120206	Gayathri Gopalan	
60	KL18SWA120207	Gopika Gopal	
61	KL18SWA120208	Jisha Johns	
62	KL18SWA120209	Kesha Ann Koshi	
63	KL18SWA120210	Malu K S	
64	KL18SWA120211	Megha S	
65	KL18SWA120212	Nejina Satim	
66	KL18SWA120213	Pooja Prasad B	
67	KL18SWA120214	Pournami J	
68	KL18SWA120215	Rakhi Raj	
69	KL18SWA120216	Revathy Sibi	
70	KL18SWA120217	Savitha PP	
71	KL18SWA120218	Savitha S	
72	KL18SWA120220	Shilpa Rajan	
73	KL18SWA120221	Sona M. Stephan	
74	KL18SWA120222	Sreelekshmi S	
75	KL18SWA120223	Sruithi Prasad	
76	KL18SWA120224	Subhalekshmi S	
77	KL18SWA120226	Vaishnavi Raj	
78	KL18SWA120227	Vandha Vijayan	
79	KL18SWA120228	Veena Prasad	
80	KL18SWA120229	Aranya V.	
81	KL18SWA120230	Ashani S.	
82	KL18SWA120231	Ashna Viji John	
83	KL18SWA120232	Fathima Bevi	

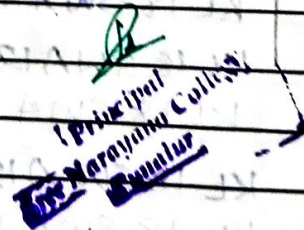


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b) Other Students

Sl No:	Name of the student	Department	Signature
84	Vijay. Krishnan	English.	
85	Veena. SL	Chemistry	
86	Vimal Raj	English	
87	Vaishak Ushwan	Physics.	
88	Aparna. Udayan	Mathematics.	
89	Lekshmi Kaidne	English	
90	Chandana. Krishna	History	
91	Remya R	B. Com	
92	Meenu. Raj	History	
93	Anya. S	Mathematics.	
94	Savittha. P.S	Mathematics.	
95	Alka Bellhop	Physics	
96	Athira. S. Nair	Chemistry	
97	Lekshmi S. A	Chemistry	

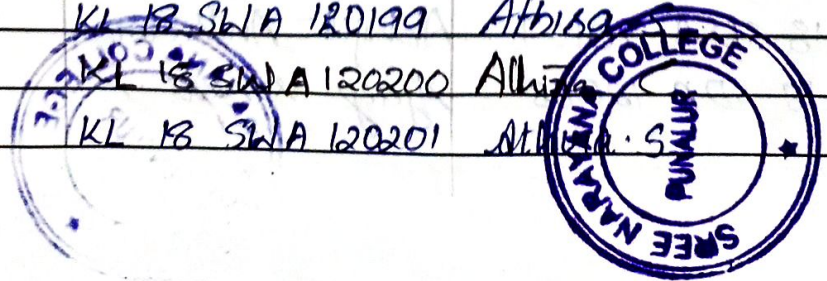




SI No

25.	KL 18 SDA 120169	Akash J	<del>Akash</del>
26	KL 18 SDA 120170	Anand Mohan	<del>Anand Mohan</del>
27	KL 18 SDA 120171	Ananth B.	<del>Ananth</del>
28	KL 18 SDA 120172	-Ananthakrishnan	<del>Ananthakrishnan</del>
29	KL 18 SDA 120174	Antony T. Johnson	<del>Antony Johnson</del>
30	KL 18 SDA 120175	Azomal P. Prasad	<del>Azomal Prasad</del>
31	KL 18 SDA 120176	Aswin M	<del>Aswin</del>
32	KL 18 SDA 120177	Devanand B	<del>Devanand B</del>
33	KL 18 SDA 120178	Gokul B.	<del>Gokul B.</del>
34	KL 18 SDA 120179	Govind Gb	<del>Govind</del>
35	KL 18 SDA 120181	Jubis Y. Yohannan	<del>Jubis Yohannan</del>
36	KL 18 SDA 120182	Nikhil Cs	<del>Nikhil</del>
37.	KL 18 SDA 120183	Raghu P	<del>Raghu</del>
38	KL 18 SDA 120184	Saheed S	<del>Saheed</del>
39.	KL 18 SDA 120185	Sanguth K	<del>Sanguth</del>
40	KL 18 SDA 120186	Sauidh Rajendran	<del>Sauidh Rajendran</del>
41.	KL 18 SDA 120187	Aravind KS.	<del>Aravind KS.</del>
42	KL 18 SDA 120188	Devachith S.	<del>Devachith</del>
43	KL 18 SDA 120190	Aksbaya J.a	<del>Aksbaya</del>
44.	KL 18 SWA 120191	Anagha Anil.	<del>Anagha Anil</del>
45	KL 18 SWA 120192	Anagha S Kumar	<del>Anagha S Kumar</del>
46	KL 18 SWA 120193	Anjer A	<del>Anjer</del>
47	KL 18 SWA 120194	Anju S	<del>Anju</del>
48.	KL 18 SWA 120195	Ancha J	<del>Ancha</del>
49	KL 18 SWA 120196	Anya Anil.	<del>Anya Anil</del>
50	KL 18 SWA 120197	Aaya Shaji	<del>Aaya</del>
51	KL 18 SWA 120198	Azwani S.	<del>Azwani</del>
52	KL 18 SWA 120199	Atbisa	<del>Atbisa</del>
53.	KL 18 SWA 120200	Alhina	<del>Alhina</del>
54	KL 18 SWA 120201	Alhina S	<del>Alhina S</del>

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*[Handwritten signature]*  
S. Narayana Pillai



## Report on International Yoga Day Celebration (2019-20)

The theme of International Yoga Day 2019 was "Yoga for Heart". Heart is an organ that works continuously even when we fall asleep. It is the most vital organ responsible for pumping blood throughout the body and so it is crucial to take better care of it. Sedentary lifestyle, food habit, and stress are a few things that can disturb the normal functioning of our heart and can increase the risk of cardiovascular problems. In such a condition, yoga is one of the best ways to take care of our heart. Practising yoga everyday can keep our heart healthy.

S.N. College, Punalur celebrated International Yoga Day on 21 June 2019 by performing numerous Yogasanas, Pranayamas and Dhyana under the guidance and supervision of Associate NCC Officer, Lt. Dr. Arun. The programme was held in the indoor auditorium. Ninety seven students participated in the programme. The event was inaugurated by the Principal Dr. T. Pradeep. The programme started with a warm-up session. Following this, a session on asanas was conducted. This helped the students to study different asanas for healthy heart such as Tadasana, Vrikshasana, Utkatasana, Setu Bandhasana so on and so forth. At the end of the sessions, the Yoga Instructor, Lt. Dr. Arun stressed on the need to practise yoga to keep our heart healthy.

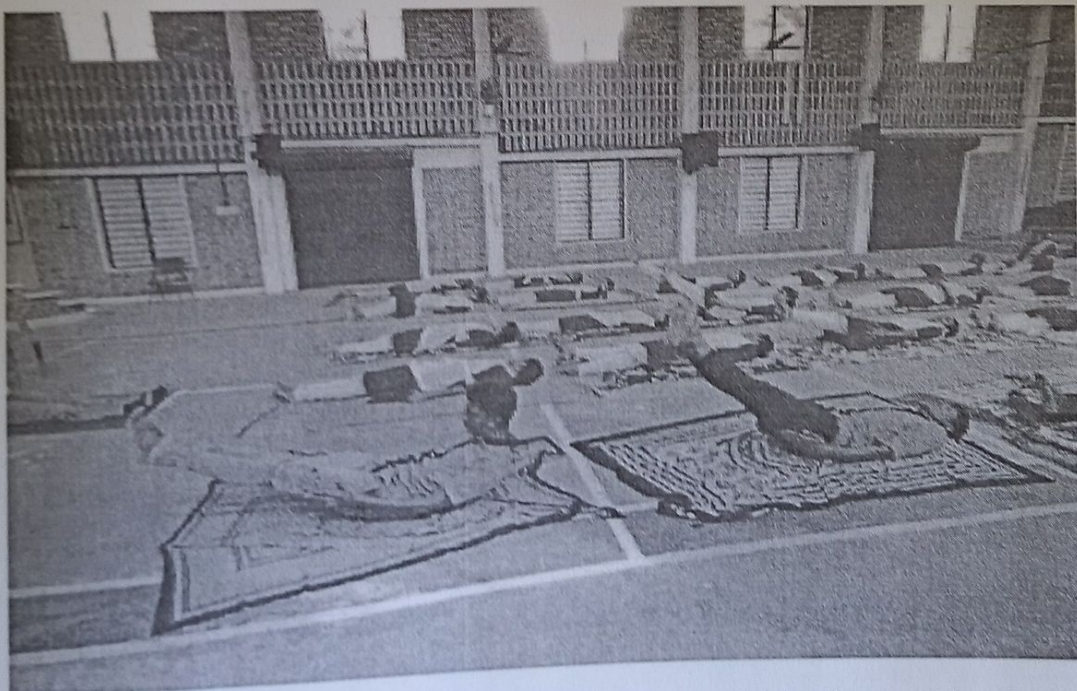


  
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PUNALUR

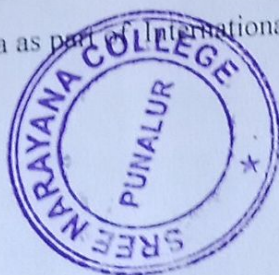




Students practicing yoga as part of International Yoga Day Celebration on 21 June 2019



Students practicing yoga as part of International Yoga Day Celebration on 21 June 2019



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PUNALUR



# SREE NARAYANA COLLEGE, PUNALUR



NCC Unit, COY-4 , 9(K) BN  
NCC KOTTARAKARA

*Celebrates*

INTERNATATIONAL YOGA DAY 2020

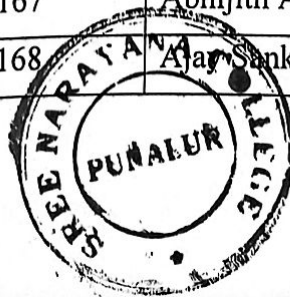
*"Yoga for Health "*

DATE : 21 JUNE 2020  
TIME : 9.30 AM



List of students who attended the programme is attached hereith.

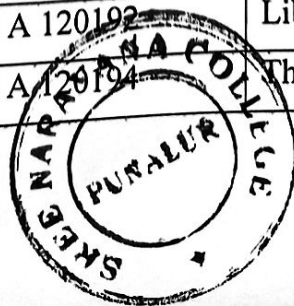
Sl. No.	NCC Number	Name of Student
1	KL 18 SD A 120190	Akshya Ja
2	KL 18 SD A 120191	Anagha Anil
3	KL 18 SD A 120192	Anagha S Kumar
4	KL 18 SD A 120193	Anju A
5	KL 18 SD A 120195	Archa J
6	KL 18 SD A 120196	Arya Anil
7	KL 18 SD A 120198	Aswani S
8	KL 18 SD A 120200	Athira S
9	KL 18 SD A 120202	Athira S Sugathan
10	KL 18 SD A 120203	Bhavana Thilakan
11	KL 18 SD A 120204	Divya Prasad
12	KL 18 SD A 120206	Gayathri Gopan
13	KL 18 SD A 120207	Gopika Gopal
14	KL 18 SD A 120208	Jisha Johns
15	KL 18 SD A 120210	Malu Ks
16	KL 18 SD A 120212	Nejma Salim
17	KL 18 SD A 120213	Pooja Prasad B
18	KL 18 SD A 120216	Revathy Sibi
19	KL 18 SD A 120217	Savitha Ps
20	KL 18 SD A 120218	Savitha S
21	KL 18 SD A 120220	Shilpa Rajan
22	KL 18 SD A 120222	Sreelekshmi S
23	KL 18 SD A 120223	Sruthi Prasad
24	KL 18 SD A 120226	Vaishnavi Raj
25	KL 18 SD A 120227	Varsha Jijayan
26	KL 18 SD A 120228	Veena Prasad
27	KL 18 SD A 120230	Aswani S
28	KL 18 SD A 120166	Abhijith As
29	KL 18 SD A 120167	Abhijith Anilkumar
30	KL 18 SD A 120168	Ajay Sankar P

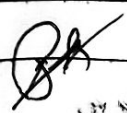


14/10/19  
SREE NARAYANA COLLEGE  
PUNALUR



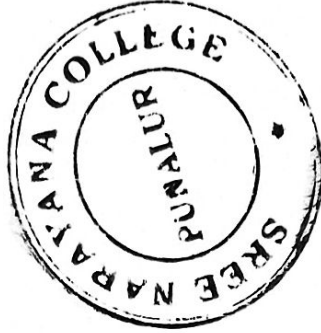
31	KL 18 SD A 120170	Anand Mohan
32	KL 18 SD A 120171	Anandhu B
33	KL 18 SD A 120172	Ananthkrishnan
34	KL 18 SD A 120177	Devanand B
35	KL 18 SD A 120178	Gokul B
36	KL 18 SD A 120179	Govind Gb
37	KL 18 SD A 120181	Jubin Y Yohannan
38	KL 18 SD A 120184	Saheed S
39	KL 18 SD A 120185	Sangeeth K
40	KL 19 SW A 120165	Ahbirami S
41	KL 19 SW A 120166	Asha R Krishnan
42	KL 19 SW A 120167	Aswathy S
43	KL 19 SW A 120168	Athira Anil
44	KL 19 SW A 120169	Athulya Babu
45	KL 19 SW A 120170	Chippy Ani
46	KL 19 SW A 120171	Devika B
47	KL 19 SW A 120172	Devu S Murali
48	KL 19 SW A 120173	Gayathri Mj
49	KL 19 SW A 120174	Gopika Ks
50	KL 19 SW A 120175	Haritha S Kumar
51	KL 19 SW A 120176	Lekshmi Pradeep
52	KL 19 SW A 120177	Lekshmi Raj
53	KL 19 SW A 120178	Maneesha Mohan
54	KL 19 SW A 120179	Nayana N
55	KL 19 SW A 120182	Athira Bm
56	KL 19 SD A 120187	Akshay Pradeep
57	KL 19 SD A 120188	Abhishek Ms
58	KL 19 SD A 120189	Afsal A
59	KL 19 SD A 120190	Akhil Rg
60	KL 19 SD A 120191	Anandhu V Krishn
61	KL 19 SD A 120192	Libin Sanhosh
62	KL 19 SD A 120194	Tharun Thampi



  
 SREE NARAYANA COLLEGE  
 PUNALUR



63	KL 19 SD A 120195	Ganesh S
64	KL 19 SD A 120196	Vignesh M B



  
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PUNALUR



## Report of International Yoga Day Celebration 2020-2021

The practice of Yoga brings joy, health, peace from within and deepens a sense of connection between an individual's inner consciousness and the external world. Thus, yoga plays a significant role in our holistic development. International Yoga Day was celebrated in 2020 amid the coronavirus (COVID-19) pandemic with the theme "Yoga at Home and Yoga with Family."

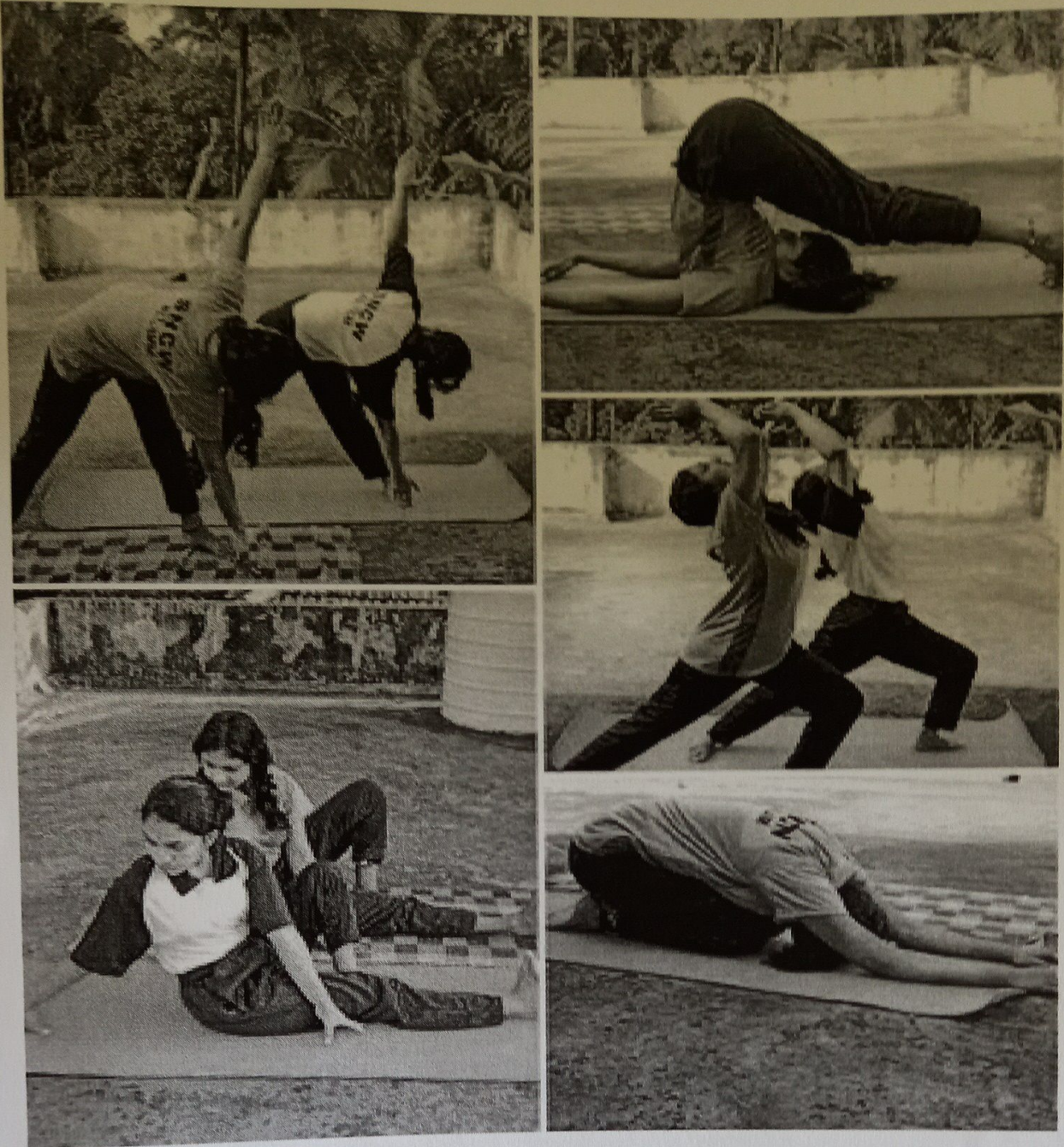
The NCC unit celebrated International Yoga Day on 21 June 2020 by performing many Yogasanas, Pranayamas and Dhyan under the guidance and supervision of Associate NCC Officer, Lt. Dr. Arun. V. NCC Cadets Practiced Yoga in their home.

In addition to this, with the aim of creating awareness among the students regarding the significance of yoga the NSS unit conducted an intercollegiate online quiz competition related to yoga on 21 June 2020. The programme was inaugurated by the Principal Dr. T Pradeep. Following this the programme officers gave a brief talk on the importance of yoga in our day to day life. After this they gave a detailed overview about the competition. Students from various colleges participated in the competition.

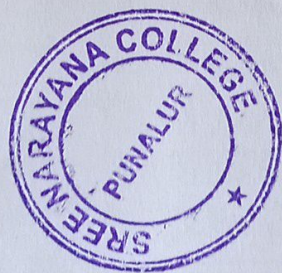


  
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MYSURU





Students practicing yoga in their homes as part of International Yoga Day Celebration on 21 June 2020



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SREE NARAYANA COLLEGE  
PUNALUR



GREETINGS FROM NATIONAL  
SERVICE SCHEME OF S N  
COLLEGE ,PUNALUR,KOLLAM

National Service Scheme Units of SN  
College is happy to inform you that  
we are conducting an Intercollegiate  
Quiz on International Yoga Day for  
every students.

Date : June 21, 2020

Click on the following link for  
participation.

[https://forms.gle  
/mkLuXmeoavwFeeKD8](https://forms.gle/mkLuXmeoavwFeeKD8)

Those who score 40% or above, will  
be eligible for an e- certificate.

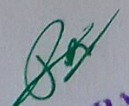
**Note:-** There is a limit of 100  
certificate per day. The quiz will be  
available for one week.

Thanking you,

Simi.B.S,  
Programme Officer

Link to join the quiz competition



  
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SREE NARAYANA COLLEGE  
PUNALUR



*Sree Narayana  
College, Punalur*

INTER COLLEGIATE ONLINE QUIZ  
INTERNATIONAL YOGA DAY '20



## CERTIFICATE OF PARTICIPATION

This is to certify that

Mr/Ms.....Arsha anil... has participated in Quiz competition  
organized by NSS Unit SN College Punalur during 21 june  
2020.

**National Service  
Scheme Unit No-28  
A,B**

Smt.B.S./Dr.Divya Jayan

6/21/2020

NSS Programme Officers

Certificate of participation in quiz competition organized as part of International Yoga Day Celebration 2021



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PUNALUR**