

21/06/19

The National Service Scheme units of Christ college, Irinjalakuda observed the International yoga day on 21st June 2019. The volunteers assembled in the college auditorium by 8.30 am and did the necessary arrangements. The official programme began by 9.30am with NSS anthem led by NSS volunteers.

The second year NSS volunteers, Ms. Vyshnavi sabu delivered the welcome speech. The occasion was presided by Dr. Mathew paul ukken, Principal, Christ college, Irinjalakuda. The programme was inaugurated by Shri. Ramesh K.N, NSS Thrissur District coordinator. The programme was felicitated by Rev. Fr. Dr Jolly Andrews CMI, vice principal, prof. P. R Bose, vice principal, and Rev. Fr. Joy P. T, vice principal of Christ college.

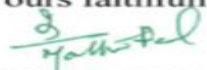
Dr B. P Aravinda (yoga Master), Head of B. P. ed department of christ college, who is also a Gymnastic coach, Calicut university, delivered a keynote address on the topic; “Benefits of yoga” and demonstrated yoga poses. The NSS volunteers, NCC cadets of Christ college, Govt. Model HSS Nadavarambu and students of B. P. ed of Christ college attended the programme and learned to perform the yoga poses. Around 250 volunteers participated in the yoga demonstration.

The volunteers actively participated in the programme. Our NSS programme officer, prof. Tharun. R, and Dr. Franco Francis, NCC officer shared their views on yoga.







Yours faithfully

PRINCIPAL
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CHRIST COLLEGE (AUTONOMOUS)
IRINJALAKUDA

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

YOGA DAY

Organised jointly by NSS Units 20 and 49

On 21.06.2019

Sl.No	Name of the Volunteer	Class	Unit No.
1st Years			
1	Sreemol M M	B C A	49
2	Abhishek K V	B Sc Computer Science	49
3	Binil V B	B Sc Computer Science	49
4	Athira Sudheesh	B Sc Psychology	49
5	JishnaJ K H	B B A	49
6	Richard Baby Vadakkan	B. COM B	49
7	Sarath Krishna P S	B Sc Physics	49
8	Sudev A S	B B A	49
9	Adarsh R Menon	B B A	49
10	Farhath V Y	B B A	49
11	Sreenandh M S	B Sc Geology	49
12	Rusaina Nazrin	B A Double main	49
13	Mrinal Rajesh	B Sc Geology	49
14	Josephin Mathew K A	B A Malayalam	49
15	Shalett Jaison	B A Malayalam	49
16	Aswathy E B	B A Malayalam	49
17	Keerthana T M	B Sc Chemistry	49
18	Diya Raj	B Sc Chemistry	49
19	Geethanjaly T	B Sc Chemistry	49
20	Agnes P J	B Sc Chemistry	49
21	Krishnachandran M	Functional English	49
22	Athira P T	Functional English	49
23	Deepa Lolith P	B A Double main	49
24	Akshaya Krishnan	B Sc Maths	49
25	Yadhukrishna K S	B Sc Maths	49
26	Agnel V J	B COM Aided	49
27	Nanadhana M S	B Sc Geology Self	49
28	Devadathan A S	B Sc Maths	49
29	Binshoy M S	B Sc Maths	49
30	Rasmi Mohan	B Sc Maths Self	49
31	Liz Johnson Panadan	B Sc Physics	49
32	Parvathi Vijayan	B A Economics	49
33	Vishnu Gopi	B A Double main	49
34	Mathew Moothedan	B. COM self C	49
35	Afrinamol N N	B. COM self B	49
36	Sandra Antoo	B. COM Aided	49
37	Swathi Menon	B Sc Physics	49
38	Revathy P J	B. COM Aided	49
39	Anjana Varghese	B Sc Zoology	49
40	Angel Rose M V	Functional English	49
41	Abhirami E J	B Sc Zoology	49
42	Anamika K S	B Sc Zoology	49
43	Aiswarya Sadanandan	B.COM (aided)	49
44	Yadhukrishna K S	B.COM	49
45	Abhijth A K	B A Economics	49

46	Athula T V	B Sc Zoology	49
47	Sreya Kumar K	B Sc Zoology	49
48	Delwin Davis	B Sc Zoology	49
49	Hridik P J	B. COM Self A	49
50	Mekha Anto	B Sc Maths	49
51	Abhijith Deepu	B Sc Geology	49
52	Alyna Rose Varghese	B Sc Zoology	49
53	Anagha K B	B Sc Zoology	20
54	Abhiram P S	B Sc Zoology	20
55	Aastha Margeret Jose	B Sc Zoology	20
56	Archana N K	B Sc Zoology	20
57	Athul Saji	B Sc Maths	20
58	Jovit Varghese	B sc Maths	20
59	Treesa Mariya John	B Sc Maths Self	20
60	Bhadra N S	B Sc Physics	20
61	Liya Poly	B Sc Physics	20
62	Monica M S	B Sc Physics	20
63	Sona K Santhosh	B Sc Physics self	20
64	K S Sethulakshmi	B Sc Physics self	20
65	Aiswarya Lakshmi	B Sc Chemistry	20
66	Ashika K M	B Sc Chemistry	20
67	Anukrishna K U	B Sc Chemistry	20
68	Helen Rose J	B Sc Chemistry	20
69	Anjana K Nair	B Sc Geology	20
70	Sayooj Devan P S	B Sc Geology	20
71	Athira Biju	B Sc Geology	20
72	Priyadatha K S	B Sc Geology	20
73	Krishnadev Madanan	B Sc Geology	20
74	Vysakh M A	B Sc Geology	20
75	Pradeesha N P	B Sc Geology	20
76	Aparna T P	B Sc Geology Self	20
77	Afeela Mohammed	B A Economics	20
78	Jomol John	B A Economics	20
79	Lakshmi Ramachandran	B A Economics	20
80	Anjali J Dev	B A Economics	20
81	Athira Jayakumar	B A Economics	20
82	Akshara T D	B A Economics	20
83	Malavika M M	B.com(aided)	20
84	Jithu M R	B. COM Self A	20
85	Toms Richu Francis	B. COM Self A	20
86	Jiswin Francis	B. COM Self A	20
87	Noel Varghese M	B. COM C	20
88	Mohamed Salih P S	B B A	20
89	Anaswara M R	B B A	20
90	Sneha Sathyan	B C A	20
91	Ristin Babu	B C A	20
92	Prarthanna S	B A Malayalam	20
93	Alvin John K S	B A Malayalam	20
94	Swathy Suresh	B A Malayalam	20
95	Sreenandini K S	B A Malayalam	20
96	Pavin A D	B A MALAYALAM	20
97	Deepanjali M D	Functional English	20

98	Devika Baburaj	English Literature	20
99	Dilna Davis	Functional English	20
100	Sona Joy	Functional English	20
101	Raihanath T M	B A Double main	20
102	Jayakrishnan M	B A Double main	20
103	Anagha V R	B Sc Food Technology	20
104	Peter B	B Sc Food Technology	20
2nd Years			
105	Ajin Anilkumar	BSC CHEMISTRY	20
106	Swetha A P	BSC CHEMISTRY	20
107	Anagha K B	BSC CHEMISTRY	20
108	Sreelakshmi T	BSC CHEMISTRY	20
109	Anagha Sunny	BSC CHEMISTRY	20
110	Arjun A	BSC CHEMISTRY	20
111	Theertha R	BSC CHEMISTRY	20
112	Janish N Jayan	B.Sc Physics	20
113	Aswin Krishna N S	B.Sc Physics	20
114	Kalidas M M	B.Sc Physics	20
115	Aparna R	B.Sc Physics	20
116	Juliet Biju	B.Sc Physics	20
117	Sreedevi V S	B.Sc Physics	20
118	Anet Johny	B.Sc Maths	20
119	Anagha A H	B.Sc Maths	20
120	Alwin John	B.Sc Maths	20
121	Jayakrishnan K Sathish	B.Sc Maths	20
122	Austin Francis	B.Sc Maths	20
123	Adithyan C A	B.Sc Maths	20
124	Ananya A	B.Sc Maths	20
125	Anandu Krishnan	B.Sc Maths	20
126	Ansifshah K A	B.Sc Maths	20
127	Pavithra V	BA MALAYALAM	20
128	Kavitha C K	BA MALAYALAM	20
129	Aswathy T D	BSC ZOOLOGY	20
130	Jikcy Jose Pereppadan	BSC ZOOLOGY	20
131	Devika A M	BA ECONOMICS	20
132	Aiswarya T P	BA ECONOMICS	20
133	Akshay Kumar K A	BA ECONOMICS	20
134	Milan Viju	BA ECONOMICS	20
135	Busheena K V	BA ECONOMICS	20
136	Christena Mathew	BA ECONOMICS	20
137	Vysakh K A	BA ECONOMICS	20
138	Alfred Francis	BBA	20
139	Thasneem A K	BBA	20
140	Dona Sebastian	BA ENGLISH LITERATURE	20
141	Krishnan Rajesh	BA DOUBLE MAIN	20
142	Harisankar K	BA DOUBLE MAIN	20
143	Visal R	BA DOUBLE MAIN	20
144	Ajeeba Sharaf M S	BCA	20
145	Sona Shaijan	BCA	20
146	Revathy N P	BCA	20

147	Rajalakshmi K R	BCA	20
148	Ancy B	BSC PSYCHOLOGY	20
149	SHARON KRISHNAN T	HOTEL MANAGEMENT	20
150	ALEENA K A	HOTEL MANAGEMENT	20
151	SAYANA JAYAN	BSC ZOOLOGY	20
152	Nandagopan	B.Sc Chemistry	20
153	NIMITHA C N	BSC ZOOLOGY	20
154	Ajin Anilkumar	BSC CHEMISTRY	49
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