



# FATIMA COLLEGE

(Autonomous)

*Affiliated to Madurai Kamaraj University*  
*Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)*  
Mary Land, Madurai - 625018, Tamil Nadu

## AICUF (Shift II)

**Title** : International Yoga Day Celebration

**Date** : 10.05.2022

**Resource Person/s/**

**Conducted by** : AICUF Staff

**No. of Participants** : 30

**Focus on** : YOGA

Yoga promotes the healthy lifestyle and it is very beneficial for women in their adolescence. This period is very important as they undergo major changes that shape their mind and the body. Yoga helps the young women at this stage to balance their new emotions and feelings. Also yoga promotes the healthy lifestyle which is the need of this busy century. Considering the benefits of Yoga, the students of AICUF are gathered to do the yoga. Nearly 30 students took part in the yoga activity on 10.05.2022.

**Outcome** : The students were motivated to do asanas regularly. This helped the students to maintain their health.

**Photos:**



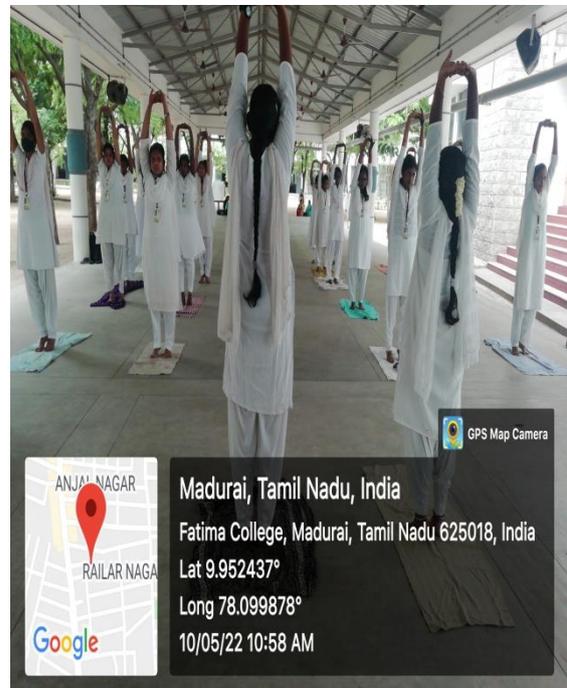
**Students doing asanas in butterfly position**



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Various positions of asanas



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## List of Participants

S.NO	REGISTER NO	NAMES	MAJOR
1.	2021AB04	Annai Vasuki. A	B.COM CA
2.	2021AB02	Agnes Minnu. J	B.COM CA
3.	2021AB24	Rosita Jenifer.J	B.COM CA
4.	2021AB31	Thriksha Janipher.P	B.COM CA
5.	2021IT10	Christina Nivetha. J.J	B.SC IT
6.	2021IT14	Infant Namitha.A	B.SC IT
7.	2021MB04	Avaidinaa Sroojini.A.M	B.SC MATHEMATICS
8.	2021MB18	Lakshmi.M	B.SC MATHEMATICS
9.	2021MB42	Shruthi.M	B.SC MATHEMATICS
10.	2021MB51	Ajitha.S	B.SC MATHEMATICS
11.	2021MB17	Kisha Penni.T	B.SC MATHEMATICS
12.	2021MB102	Pamina.J	B.SC MATHEMATICS
13.	2021MB111	Vishnu Priya.M	B.SC MATHEMATICS
14.	2021ST02	Angel Refana.S	B.SC STATISTICS
15.	2021ST03	Aparna.P	B.SC STATISTICS
16.	2021ST05	Dharani.P	B.SC STATISTICS
17.	2021ST06	Gladies Reginal.A	B.SC STATISTICS
18.	2021ST08	Harini.N	B.SC STATISTICS
19.	2021ST21	Kaleeswari.K	B.SC STATISTICS
20.	2021ST25	Oliermathi	B.SC STATISTICS
21.	2020AB26	Nansi roopina. S	B.COM CA
22.	2020AB35	Sooriya Jenifer.K	B.COM CA
23.	2020AB40	Terrance Deepika. A	B.COM CA
24.	2020AC09	Antony Princy.A	B.COM
25.	2020BB69	Vanitha.K	B.COM
26.	2020BB50	Savari Nitheesha.A	B.COM
27.	2020BC37	Sweetly. J	BCA
28.	2020LB05	Angel Fathima.S	B.A ENGLISH
29.	2020LB06	Arockia Ancy Renilda.A	B.A ENGLISH
30.	2020LB07	Arockia Fabi Ananthi.M	B.A ENGLISH

J. Anil M  
Signature of the Coordinator