



FATIMA COLLEGE

(Autonomous)

Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle-IV)

College with Potential for Excellence (2004-2019)

101-150 Rank Band in India Ranking 2021(NIRF)

Mary Land, Madurai-625 018, Tamil Nadu

NATIONAL SERVICE SCHEME

REPORT

Name of the Programme	: Nutritive Diet and Yoga for Healthy and Happy Life
Date of the Programme	: 23.09.2021
Particulars of the Guest Speaker	: Ms.Jerlin Infanta, SDM College of Naturopathy and Yogic Sciences, Bangalore.
Number of Beneficiaries	: 310 (II UG Undergraduate Students)
Highlights of the Awareness Talk.	: Common adolescent health issues like Irregular periods, infertility, hairfall, pimples overweight, tiredness, cramps and headache were discussed. Awareness on Balanced diet was given to overcome the health problems. Yoga to be practiced in every day life was demonstrated.
Outcome of the Programme	: NSS volunteers gained knowledge on the importance of balanced diet. Developed the art of yoga to lead a happy and healthy life.



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PHOTO GALLERY





Yoga Training for the NSS Volunteers



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INVITATION



FATIMA COLLEGE (AUTONOMOUS)
Mary Land, Madurai

NATIONAL SERVICE SCHEME
AWARENESS SPEECH

ON

**"Nutritive Diet and Yoga for
Happy and Healthy Living"**

by

Ms.Jerlin Infanta
SDM College of Naturopathy and Yogic Sciences
Karnataka

On

DATE : 23 SEPTEMBER 2021
TIME : 2.30. - 3.30 P.M.
VENUE : JUBILEE HALL

List of Participants

S.No.	Reg.No.	Names
1.	2021C01	AGNES MARY A
2.	2021C02	AMUDHA A
3.	2021C04	BHAVADHARANI M
4.	2021C05	CAROLINE FABINAA N
5.	2021C07	CRISPIN VIRGILA A
6.	2021C08	DHARANI S
7.	2021C09	DHARSHINI M
8.	2021C11	DIVYA PRIYA R
9.	2021C13	DURGALAKSHMI C
10.	2021C15	HARINI M
11.	2021C16	HARISHMA T



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12.	2021C17	HENCY LISHA M
13.	2021C18	INFANT HEVEENA C
14.	2021C19	JAFRINA BARVIN Z
15.	2021C20	JANIKA M
16.	2021C22	MAHESWARI S
17.	2021C24	NIVETHA P
18.	2021C25	PAVITHRA R
19.	2021C26	PAVITHRA V
20.	2021C27	PRIYANKA P
21.	2021C28	RAJASRIARASI G
22.	2021C31	RONICA ALICE J
23.	2021C33	SHINISHA BRIJET D
24.	2021C35	SUBHANIYA PARVEEN S
25.	2021C37	UDAYA TERESA F
26.	2021C38	VAISHNAVI R
27.	2021C40	VINOTHINI R
28.	2021C41	VISHALINI A
29.	2021C43	SAHAYA SHERLY JOICE J
30.	2021C44	DHAROSHINI M
31.	2021C45	RENUKA DEVI R
32.	2021C46	SHIVARANJANI P
33.	2021C47	SWETHA B
34.	2021C48	CATHERIN SIBA J
35.	2021A57	SATHYAGAYATHRI S

(Dr. M. Ragam)
NSS Coordinator,
Fatima College