



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

PART V WOMEN EMPOWERMENT CELL SHIFT 1

Title :Yoga & Asanas

Date : 05.05.2022

Resource Person/s : Dr.Vanitha

Assistant Professor,
Department of Maths,
Fatima College, Madurai

No. of Participants:50

Focus on :Skill Development

Outcome: The programme created awareness among the students towards role of yoga and Asanas in our daily life.

Report:

On 12thMay, 2022, Dr.Vanitha highlighted the types of yoga and asanas. She pointed out the importance of yoga in our daily life. She rightly pointed out the types of asana sans yoga and demonstrated to the students. She explained the benefits and advantages of doing yogasanas. The programme created awareness among the students towards role of yoga and Asanas in our daily life.



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Invitation/Brochure



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Mary Land, Madurai - 625 018

PART V WOMEN EMPOWERMENT CELL

SHIFT 1

Cordially invites for the Seminar

YOGA & ASANAS

Dr. Vanitha
Assistant Professor,
Department of Maths,
Fatima College,
Madurai

Date: 12.05.2022
Venue: MBH
Time: 2.00 PM

Photos/Screen Shots (if online) with Captions



Dr. Vanitha addressing the WEC students on May 21, 2022 at MBH



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List of Participants

S.NO	REG.NO	DEPARTMENT	STUDENT NAME
1.	2020E02	Economics	B.Akila
2.	2020E10	Economics	T.Bruthos begum
3.	2020E13	Economics	S.Dharshana
4.	2020E41	Economics	D.Ramya
5.	2020E66	Economics	K.Vinothini
6.	2020T12	Tamil	P.Harini
7.	2020T14	Tamil	L.Jamuna
8.	2020T27	Tamil	G.R.Karthika
9.	2020T42	Tamil	K.Rajalakshmi
10.	2020L02	English	K.AashihaShareen
11.	2020L03	English	S.Abarna
12.	2020L11	English	J.Bhavadharani
13.	2020L14	English	J.Christina Shiny
14.	2020L24	English	A.Graema
15.	2020L26	English	S.Jayamathuharshinitha
16.	2020L47	English	S.Pricilla
17.	2020L61	English	A.Saviola Shelly
18.	2020L71	English	A.Abitha



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19.	2020S08	Sociology	A.ArshathaFirhouse
20.	2020S10	Sociology	J.Bruntha
21.	2020S33	Sociology	J.SelvaDharshini
22.	2020S35	Sociology	K.Shivitha
23.	2020M03	Maths	G.AmeerNisha
24.	2020M27	Maths	S.Lavanya
25.	2020M30	Maths	S.Lokhavarshini
26.	2020M32	Maths	A.MariaBlessia
27.	2020C01	Chemistry	B.AbinayaPrabha
28.	2020C02	Chemistry	M.Akshara
29.	2020C32	Chemistry	M.Priya
30.	2020C34	Chemistry	M.Rajasri
31.	2020C43	Chemistry	S.Swetha
32.	2020Z01	Zoology	S.Abinaya
33.	2020Z06	Zoology	K.ChitraSelvi
34.	2020Z08	Zoology	J.C.Gayatri
35.	2020Z10	Zoology	M.Harini
36.	2020Z11	Zoology	S.Kamali
37.	2020Z29	Zoology	A.Saranya
38.	2020Z30	Zoology	H.ShamimaBanu
39.	2020Z37	Zoology	A.Tamilselvi



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40.	2020Z39	Zoology	M.Varsha
41.	2020Z41	Zoology	A.Naveena
42.	2020N01	Home Science	K.Aarthi
43.	2020N04	Home Science	B.AsmaaSabreen
44.	2020N11	Home Science	B.Janapriya
45.	2020A42	Commerce	S.Kokila
46.	2020A44	Commerce	G.S.Mahalakshmi
47.	2020A53	Commerce	B.Priyadharshini
48.	2020A51	Commerce	J.PreethaVarshini
49.	2020A57	Commerce	J.Rita Patricia
50.	2020A59	Commerce	R.V.Sandhiya

Ms. I. Jeyasheela
Women Empowerment Cell
Coordinator
(Shift I)