



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

WOMEN EMPOWERMENT CELL (SHIFT II)

Activity Title: Surya Namaskar - Project

Name of the Department/club: Women Empowerment Cell (Shift II)

Number of Beneficiaries: 98

Number of Students involved: All I Years Women Cell Students

Date of the Activity: 13.01.2022

INVITATION





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

REPORT

On account of the 75th Independence Day anniversary, Our Women Empowerment students of I Years are asked to perform 12 poses of Surya Namaskar Yogasanam on Jan 13, 2022.

We started the online activity at 8.00 am. All our first year students were actively participated in this. By doing the surya namaskar it helps to improve the functions of all parts of our body. As our students were known about the importance of Yoga all of them were done all the poses of yoga perfectly and actively.

Outcome:

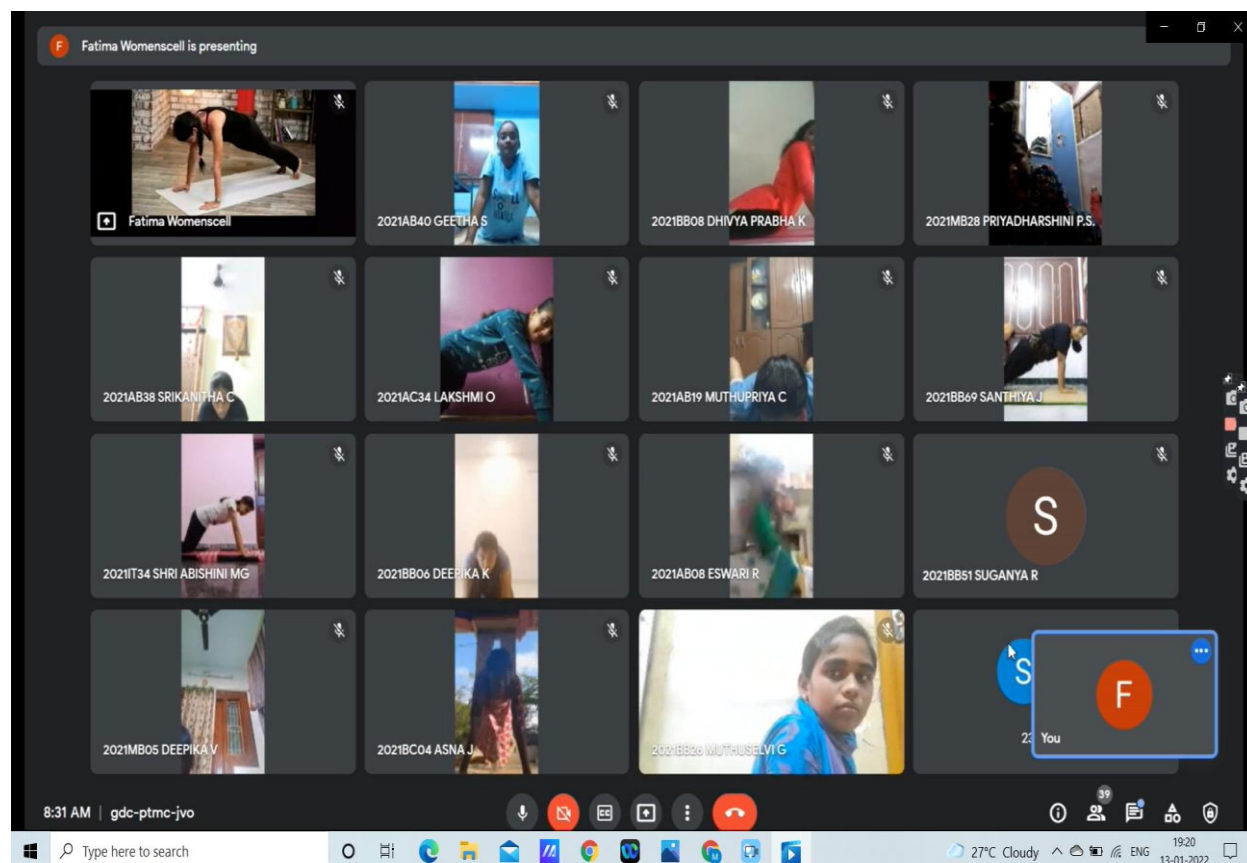
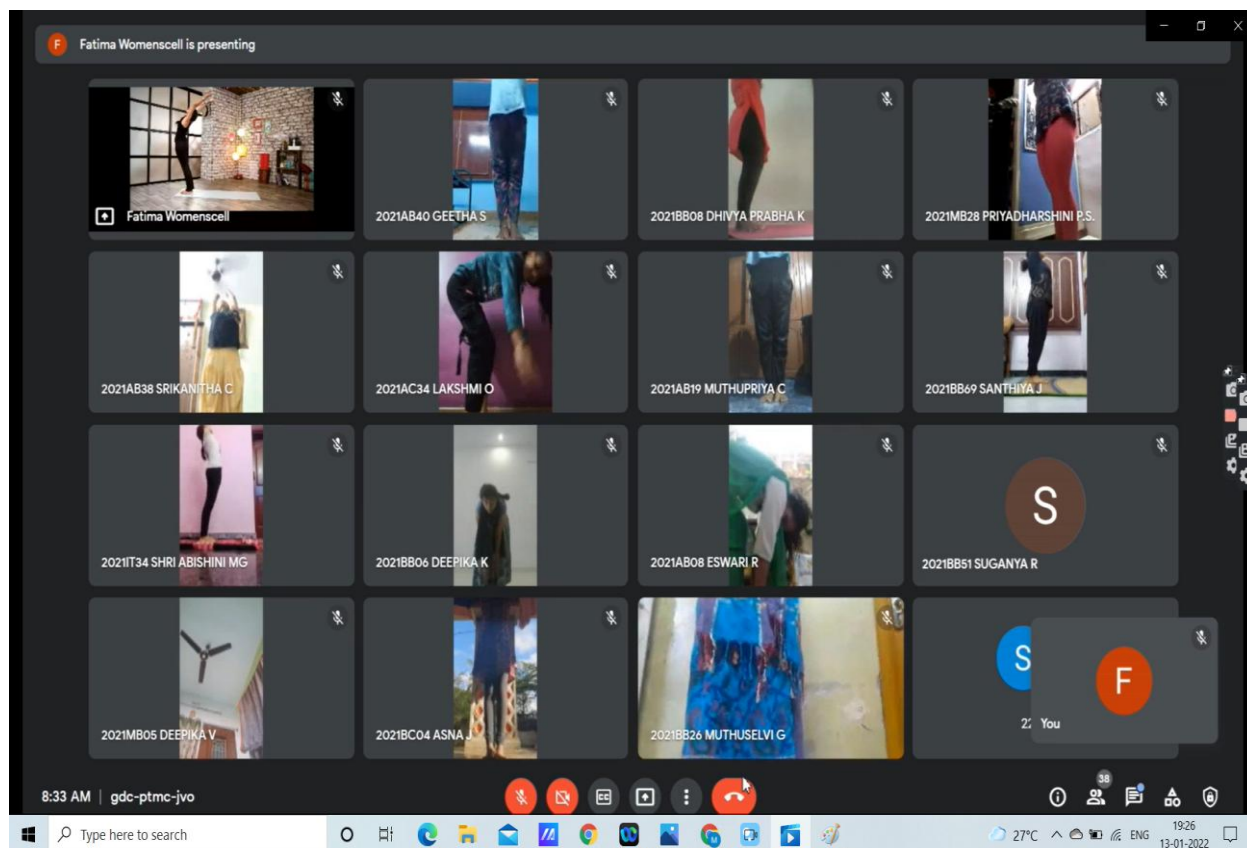
Our students are able to know the importance and benefits of doing yoga. Students analyzed that this yoga can help them to move better and feel less stiff or tired.



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

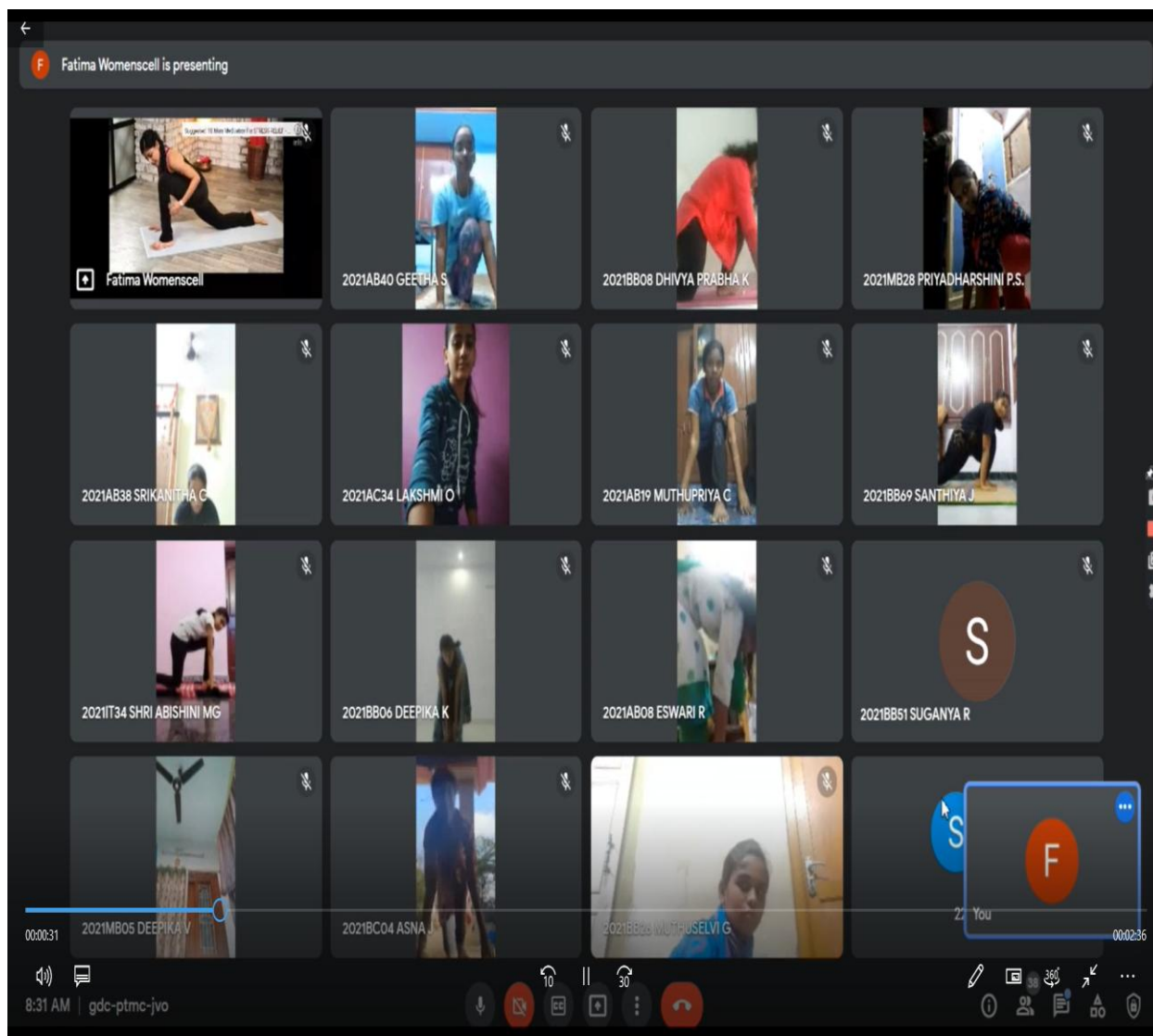




FATIMA COLLEGE

(Autonomous)

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



Our Women's Cell Students performing Surya Namaskar



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

PARTICIPANT'S LIST:

SL.NO	REG NO	NAME OF THE STUDENT
1.	2021AB01	ABINAYA.V
2.	2021AB03	AKSHAYA. G
3.	2021AB05	BELCI RENITA LUCY. A
4.	2021AB06	BHUVANESHWARI. N
5.	2021AB09	FARJANA. J
6.	2021AB11	IDHAYA. S
7.	2021AB12	ILAKIYASREE. I
8.	2021AB14	KALYANI. S
9.	2021AB15	KARTHIGAI SELVI.M
10.	2021AB16	LIDWIN JENIFER. S
11.	2021AB19	MUTHUPRIYA. C
12.	2021AB22	REENA MARY. A
13.	2021AB23	RENETTA. P
14.	2021AB25	SANDHANA. B
15.	2021AB29	SUBHA SHREE. P
16.	2021AB36	AMIRTHA VARSHINI. M
17.	2021AB37	HARINI. S
18.	2021AB38	SRIKANITHA. C
19.	2021AB39	ABINA SREE. S. A
20.	2021AB40	GEETHA. S
21.	2021AB44	LISAI. R
22.	2021AB45	NITHILA. M
23.	2021AB08	ESWARI. R
24.	2021AC15	HARINI MAHESH. S. S
25.	2021AC17	HEMA PURANI. M. G
26.	2021AC30	KEERTHIKA. R
27.	2021AC34	LAKSHMI. O
28.	2021AC39	MEENALLOCHINI. G
29.	2021AC44	NIVETHA. N
30.	2021AC56	SARANYA. L
31.	2021AC74	SWETHA. K



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

32.	2021AC75	THARANKGINI. M. S
33.	2021BB25	MEGHANA RAJEEVE
34.	2021BB29	NANDHANA. S
35.	2021BB06	DEEPIKA. K
36.	2021BB08	DHIVYA PRABHA. K
37.	2021BB09	DIVYA BHARATHI.
38.	2021BB21	KRISHNA. O
39.	2021BB23	MADHUMITHA. P
40.	2021BB26	MUTHUSELVI. G
41.	2021BB27	NAGA MUHILINI. T
42.	2021BB28	NAGANANTHITHA. S
43.	2021BB30	NANDHITHA. R
44.	2021BB33	NITHYA SHREE. S
45.	2021BB45	SAMUQTHA. B
46.	2021BB46	SANTHIYA. B
47.	2021BB47	SANTHIYA.R
48.	2021BB51	SUGANYA.R
49.	2021BB52	SUJAA. S
50.	2021BB54	SWETHA. B
51.	2021BB64	HARINI. R
52.	2021BB69	SANTHIYA. J
53.	2021BC04	ASNA. J
54.	2021BC24	NAGAMEENALLOCHINI. P
55.	2021BC25	NARMADHADEV. M
56.	2021BC35	THILLAI INDHU. T
57.	2021BC38	LINGA SNEEG.M
58.	2021BC44	GAYATRI. M
59.	2021IT04	ANGALA ESWARI. S
60.	2021IT17	KAVIYA. K
61.	2021IT29	SHAHIN BARHANA.P
62.	2021IT34	SHRI ABISHINI. M. G
63.	2021IT42	SWATHI. R. C
64.	2021IT47	SHARA AFRIN. M
65.	2021LB02	ALAGU MEENAKSHIM
66.	2021LB11	GUNASHEELA. P



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

67.	2021LB22	KAMATHCHI GAYATHRI. T
68.	2021LB26	MERLIN SOFIA.M
69.	2021LB27	MUBEENA. M
70.	2021LB52	VINOTHINI SRI. M
71.	2021LB54	ANJU. K
72.	2021LB66	MALAVIKA. S
73.	2021LB67	SHAMIRA. G
74.	2021LB69	RENOZ FA TIMA. A
75.	2021LB25	MAHISHA. S
76.	2021MB02	ANITHA. P
77.	2021MB05	DEEPIKA. V
78.	2021MB101	HEMA. M
79.	2021MB106	RAMCHITRA. R
80.	2021MB26	PRADHIKSHAA. M
81.	2021MB28	PRIYA DARSHINI. P.S
82.	2021MB30	RANJANI. K. S
83.	2021MB35	SHOBIKASHRI. S
84.	2021MB39	SUDHARSHANA PRIYA. S
85.	2021MB43	SYED ASMITHA. H
86.	2021MB49	YOGAVI. D
87.	2021MB56	DEEPIKA. A
88.	2021MB59	DHEESIGA SHREE. P
89.	2021MB61	FIRTHOUS. A
90.	2021MB67	KAVITHARSHINI. T
91.	2021MB72	MUNEESHWARI. I
92.	2021MB74	NAGARATHINAM. S
93.	2021MB76	POORNIMA. E
94.	2021MB80	RISWANA PARVEEN. T
95.	2021MB90	SUJITHA. V
96.	2021MB93	VANISHA.R
97.	2021MB97	RAJA PRIYA. V
98.	2021MB100	ABIRAMI. R

Signature of the Co-ordinator