



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 THE SURYA NAMASKAR PROGRAMME

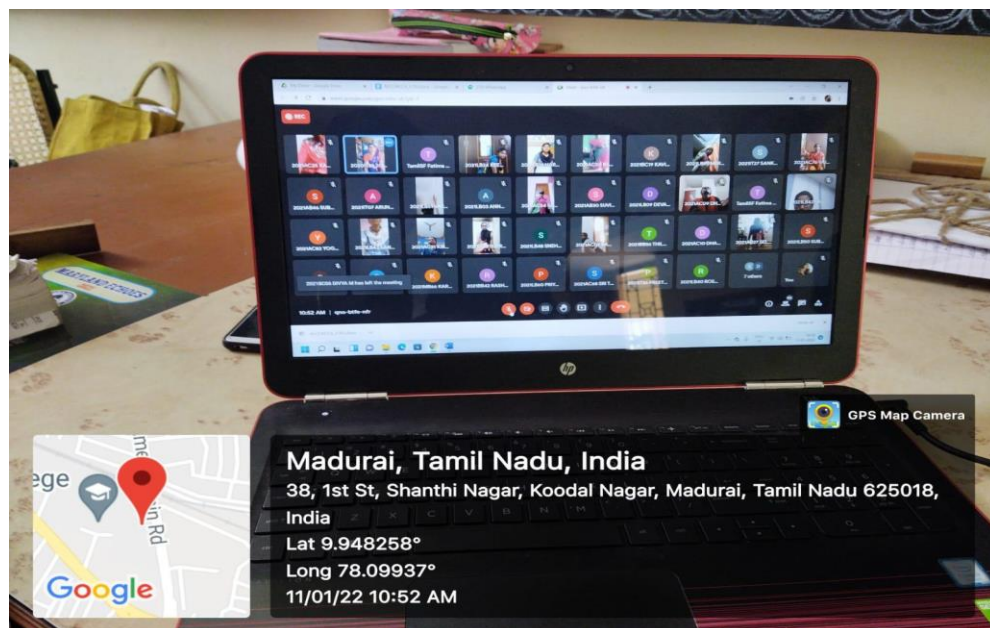
Date : 11th January 2022

Time : 10:30-11:30 am

Venue : Online Program

Title : Awareness Programme on Surya Namaskar

The NSS Volunteers of I year Shift II (60 students) joined the google meet (Video call link: <https://meet.google.com/qno-btfe-nfr>) to perform the Surya Namaskar online. The Programme started with the introduction given by the Program Coordinator, Dr. Ponni followed by the playing of video showing the steps to perform the Surya Namaskar. S.Sowmya, the NSS volunteer of II B.Sc. (IT) performed the Surya Namaskar step by step and trained the participants. The one minute was captured.



Surya Namaskar Training



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1/167, Sri Balaji St, Venkata Chalapathi Nagar, Tamil Nadu 625019, India

Venkata Chalapathi Nagar
Tamil Nadu
India

2022-01-11(Tue) 10:44(am)

30°C
86°F

Dhuvairiman
துவரிமாந்
Resident
Vengal River
Thuvairiman
துவரிமாந்
Mayilvel
Murugan Temple
அருள்மிகு
V

Students attending the Surya Namaskar Awareness Program



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Outcome:

The students gained knowledge on the benefits and importance of the Surya Namaskar and they were trained to do the yoga.

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



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15.	2020L26	English	S.Jayamathuharshinitha
16.	2020L47	English	S.Pricilla
17.	2020L61	English	A.Saviola Shelly
18.	2020L71	English	A.Abitha
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



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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
40.	2020Z39	Zoology	M.Varsha

NSS COORDINATOR (Shift II)