



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 : Guest Lecture on Yoga for harmony and Peace

Date of the Programme : 07-04-2022

Particulars of the Guest Speaker : Ms.S.Bala Sri Sneha, Cholan Achiever Award
South India Yoga Championship, National Level
Dr.M.Latha, Assistant Professor of Commerce (SF), Fatima College

Number of Beneficiaries : 170

Highlights of the Awareness Talk :

The programme was organized to bring awareness about the International Yoga Day. The aim of organizing this programme by practicing Yoga was to make the Students acquaint about the benefits of Yoga Asanas. Later on, an introductory speech was delivered on Yoga Awareness by Dr .M. Latha, Assistant Professor of Commerce, Fatima College and the students were made aware about benefits of practicing Yogasanas for making life stress free, disease free and productive. The practical session started with the NSS volunteer, Yoga Trainer, Ms.S.Bala Sri Sneha, I B.Com SF, Cholan Achiever Award, South India Yoga Championship at the National level. The Yoga Trainer practically demonstrated various 'asanas' like Suryanamaskar, Trikonasana, Artha Kadi chakrasana, Parvathasana and Mahamudhra. All the NSS volunteers participated in the Yoga Practice. The session ended with vote of thanks.

Outcome of the Programme : The session was useful and beneficial to all the participants and the session highlighted the benefits of practicing yoga to human life.

PHOTO GALLERY



Students practicing yoga



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Yoga Demo



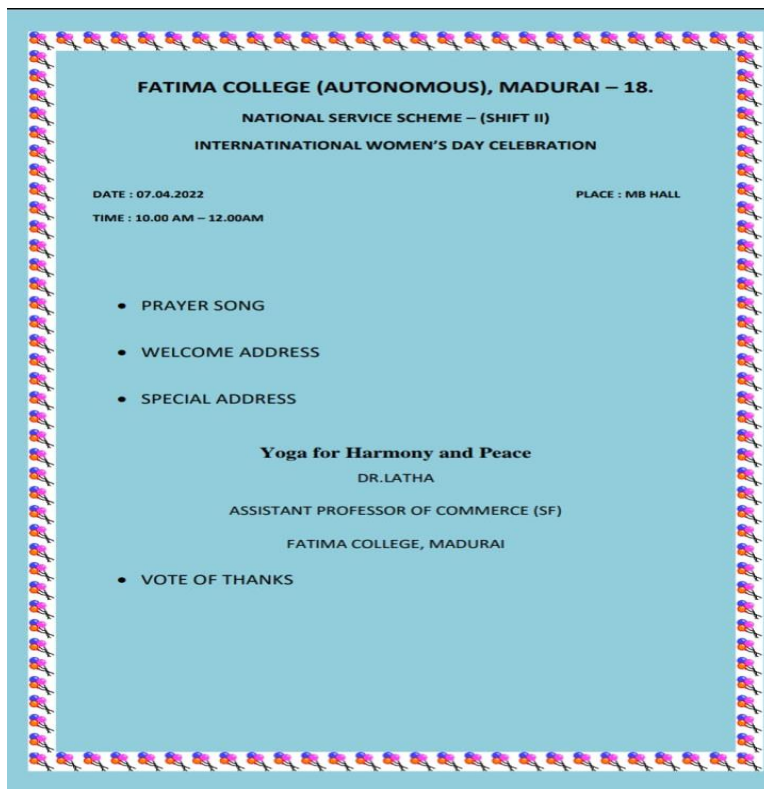
Students following yoga



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INVITATION



PARTICIPANTS LIST

S.No.	Reg. .No.	Student Name	Department
1	2020BB02	ABINAYA SHREE S	BBA
2	2020BB10	IYASHIKA P	BBA
3	2020BB13	JAYA MEENA K	BBA
4	2020BB14	JEBA JOSEPHINE ANITHA P	BBA
5	2020BB16	JOTHI LEGA K	BBA
6	2020BB18	KABILA G	BBA
7	2020BB20	KARTHIKA R	BBA
8	2020BB22	KAVYA S	BBA
9	2020BB24	LAKSHMI PRIYA R	BBA
10	2020BB25	LAVANYA K	BBA
11	2020BB27	MADHUMITHA B	BBA
12	2020BB28	MONAL K	BBA
13	2020BB31	NIVETHA N	BBA
14	2020BB32	PASUVATHI	BBA
15	2020BB33	PAVITHRA R	BBA
16	2020BB34	POOJA B	BBA
17	2020BB37	RADHIGA C	BBA
18	2020BB38	RAKKU N	BBA
19	2020BB39	RAMYA B	BBA



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S.No.	Reg. .No.	Student Name	Department
20	2020BB51	SHANMUGAPRIYA P	BBA
21	2020BB55	SIVARANJANI M	BBA
22	2020BB58	SRI PRIYA S	BBA
23	2020BB63	TANUSHRII RAJ	BBA
24	2020BB66	THILIPPA T	BBA
25	2020BC05	DHANASUBRAJA D	BCA
26	2020BC06	DHANUSHYA N	BCA
27	2020BC12	HANCY SHAMINI V	BCA
28	2020BC16	JANANI V	BCA
29	2020BC22	NAGASREE R A	BCA
30	2020BC34	SNEHA R	BCA
31	2020BC35	SWATHI G	BCA
32	2020BC41	VAISHNAVI P	BCA
33	2020IT02	AKANTHIYA E	B.Sc. IT
34	2020IT04	EBINESA R	B.Sc. IT
35	2020IT06	GOKILA R	B.Sc. IT
36	2020IT07	HARSHA B	B.Sc. IT
37	2020IT10	JANNATHUL FIRTHOUS G	B.Sc. IT
38	2020IT11	KALARANJANI K	B.Sc. IT
39	2020IT16	LOGAVARSHA N	B.Sc. IT
40	2020IT17	MEKALA S	B.Sc. IT
41	2020IT18	MOHANA PRIYA K	B.Sc. IT
42	2020IT23	NITHIKA SRI M	B.Sc. IT
43	2020IT27	PREETHI S	B.Sc. IT
44	2020IT28	RATHIKA S	B.Sc. IT
45	2020IT29	RITHIGA DEVI S	B.Sc. IT
46	2020IT32	SHALINI NITHARSANA D	B.Sc. IT
47	2020IT33	SOWMIYA S	B.Sc. IT
48	2020IT34	SRIVARSHINI J	B.Sc. IT
49	2020IT37	SWATHI P	B.Sc. IT
50	2020IT38	T B KOUSALYA	B.Sc. IT
51	2020IT40	VISWA LAKSHMI JEEVA G	B.Sc. IT
52	2020LB67	NAVINA	BA ENGLISH
53	2021LB01	AASIMA S	B.A. ENGLISH
54	2021LB03	ANNAPOORANAM M	B.A. ENGLISH
55	2021LB07	CHARUMATHY R	B.A. ENGLISH
56	2021LB09	DEVA DHARSINI S	B.A. ENGLISH
57	2021LB12	HAJIRA ROCKKYA JALWA M	B.A. ENGLISH
58	2021LB15	HARSHINI S	B.A. ENGLISH
59	2021LB16	HARUNYA G	B.A. ENGLISH
60	2021LB17	JEHOSHIMAH G	B.A. ENGLISH
61	2021LB24	KEERTHANA V	B.A. ENGLISH
62	2021LB28	MUFRITHA N	B.A. ENGLISH
63	2021LB29	MUTHARASI B	B.A. ENGLISH
64	2021LB30	NAFEESA FARHANA M	B.A. ENGLISH
65	2021LB31	NAGA NANDHINI N	B.A. ENGLISH
66	2021LB40	ROSHNI S	B.A. ENGLISH



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67	2021LB41	SAHANA G	B.A. ENGLISH
68	2021LB42	SAMREEN ANJUM ES	B.A. ENGLISH
69	2021LB43	SANIYAH ANJUM ES	B.A. ENGLISH
70	2021LB44	SHINY ROSANI R	B.A. ENGLISH
71	2021LB45	SHRUTHY J	B.A. ENGLISH
72	2021LB46	SIVARANJANI D	B.A. ENGLISH
73	2021LB48	SNEHA P L	B.A. ENGLISH
74	2021LB50	SUBHASRI KRISHNAA M G	B.A. ENGLISH
75	2021LB51	VARSHINI MALA S A	B.A. ENGLISH
76	2021LB59	M MERCYMMAL	B.A. ENGLISH
77	2021LB60	PRIYA DHARSHINI T	B.A. ENGLISH
78	2021MB16	KEERTHIGA S	B.Sc. MATHS-A Sec
79	2021MB31	RINTHIYA S	B.Sc. MATHS-A Sec
80	2021MB48	VIJI E	B.Sc. MATHS-A Sec
81	2021MB66	KARTHIGA N	B.Sc. MATHS-B Sec
82	2021ST13	NANDHINI K	B.Sc.STATISTICS
83	2020AB02	ABINAYA S	B.COM CA
84	2020AB06	DEEPIKA S	B.COM CA
85	2020AB07	DHANU SSRI B	B.COM CA
86	2020AB08	EMIMA S	B.COM CA
87	2020AB10	HARSHINI F K	B.COM CA
88	2020AB19	KV JEYA KARPAGA SUNDARI MS	B.COM CA
89	2020AB27	NASRIN FATHIMA H	B.COM CA
90	2020AB42	THENDRAL S	B.COM CA
91	2020AB43	THENMOZHI N	B.COM CA
92	2020AC14	HARINEE AS	B.COM
93	2020AC02	ABINAYASARASWATHI M	B.COM
94	2020AC13	GLORY PRAISE KIRUBA P	B.COM
95	2020AC20	KEERTHANA R	B.COM
96	2020AC21	KIRITHIKA T	B.COM
97	2020AC23	MADHU PREETHA N	B.COM
98	2020AC24	MAHASIVASAKTHI L	B.COM
99	2020AC25	MANISHA R	B.COM
100	2020AC26	MANONMANI R	B.COM
101	2020AC27	MARIS SWETHA G	B.COM
102	2020AC30	NIROSHINI K	B.COM
103	2020AC31	NIVETHA M	B.COM
104	2020AC33	POORANI R	B.COM
105	2020AC34	PRIYADHARSHNI S	B.COM
106	2020AC35	PUVANAMAHADEVI R	B.COM
107	2020AC44	SHYAMALA DEVI A	B.COM
108	2020AC46	SINDHUJA A	B.COM
109	2020AC49	SOWMIYA M	B.COM
110	2020AC51	SUSI T	B.COM
111	2020AC52	SWETHA R	B.COM
112	2020AC53	SWETHA S	B.COM
113	2020AC54	TANUJAA RAJ	B.COM



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114	2020AC56	THEEKSHIDHA R	B.COM
115	2021AB27	SELCIYA MARY J	B.COM with CA
116	2021AB30	SUVITHA R	B.COM with CA
117	2021AB34	VIJITHA PRIYA P	B.COM with CA
118	2021AB46	SUBA CM	B.COM with CA
119	2021AC02	ABIRAMI M	B.COM
120	2021AC06	ARUNA T	B.COM
121	2021AC07	BALA SRI SNEHA S	B.COM
122	2021AC08	CHANDRALEKHA R	B.COM
123	2021AC09	DHARSHANA M	B.COM
124	2021AC10	DHARSHINI B	B.COM
125	2021AC11	DHIVYA T	B.COM
126	2021AC13	GAYATHRI K	B.COM
127	2021AC18	HEMINI V	B.COM
128	2021AC19	ISWARYA A	B.COM
129	2021AC22	JEYASURYA K	B.COM
130	2021AC24	KARTHIKEYANI V	B.COM
131	2021AC25	KARUNYA A	B.COM
132	2021AC26	KAVIPRIYA G	B.COM
133	2021AC27	KAVIYA SHREE G	B.COM
134	2021AC28	KAVYA	B.COM
135	2021AC29	KEERTHANA K	B.COM
136	2021AC31	KIRUTHIGA S	B.COM
137	2021AC38	MALARVIZHI G	B.COM
138	2021AC41	NANDHITHA A	B.COM
139	2021AC48	PRIYA DHARSHINI S	B.COM
140	2021AC50	RATHIPRIYA M	B.COM
141	2021AC54	SANTHIYA M	B.COM
142	2021AC57	SHANMUGAPRIYA R	B.COM
143	2021AC60	SHOBICA B	B.COM
144	2021AC64	SINISHA N	B.COM
145	2021AC65	SOFIA RUTH H	B.COM
146	2021AC68	SRI THARSHA S	B.COM
147	2021AC76	VAISHALI B	B.COM
148	2021AC77	VAISHNAVI A	B.COM
149	2021AC79	VARSHINI K	B.COM
150	2021AC82	YOGALAKSHMI C	B.COM
151	2021AC85	RAAJAPRIYADHARSHANA AMM	B.COM
152	2021BB31	NISHA R	BBA
153	2021BB42	RASHIKA E	BBA
154	2021BB44	ROOBINI K	BBA
155	2021BB56	THILAGAVATHI E	BBA
156	2021BC19	KAVITHA K	BCA
157	2021BC40	MATHI S	BCA
158	2021IT01	AARTHISREETHA K	B.Sc.IT
159	2021IT02	AKCHAYA J	B.Sc.IT
160	2021IT07	ARUNA M	B.Sc.IT



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161	2021IT16	KAVISRI S	B.Sc.IT
162	2021IT22	NAGAMMAI S	B.Sc.IT
163	2021IT23	NIVETHA R	B.Sc.IT
164	2021IT26	PREETHI V	B.Sc.IT
165	2021IT27	SANKARESWARI V	B.Sc.IT
166	2021IT39	SUPRAJA R	B.Sc.IT
167	2020MB02	ANANTHIKA	B.Sc.MATHS-A Sec
168	2020MB96	YAMINI KARTHISWARI	B.Sc.MATHS-B Sec
169	2020LB69	SWETHA B	BA ENGLISH
170	2020AC04	AJEETHA	B.COM

NSS COORDINATOR
(Shift II)