



# 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

## AICUF(Shift I)

<b>Title</b>	: Yoga
<b>Date</b>	: 10.05.2022
<b>No. of Participants</b>	: 64
<b>Name of the Organizers</b>	:AICUF coordinators ( Mrs.Anie, Dr.R.Jothi Mani & Dr.Subi mol
<b>Focus on</b>	:On the basis of instruction given by UGC related to Yoga and Meditation
<b>Outcome</b>	:On the basis of instruction given by UGC related to Yoga and Meditation a few AICUF students were asked to present near the PGH hall around 10.45 am to get yoga practice. Various types of positions like utkatasana, ekpadasana, utthita trikonasana, tadasana, vijrasana, baddha konasana etc were focused.  This was conducted to make the students to be aware of goodness of yoga and meditation and hence to maintain their good health.Students learned to do some yoga activity for good health

### Photo:





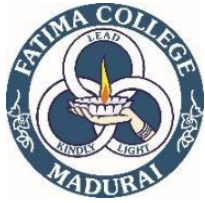
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## List of Participants:

S.NO	Register Number	Name
1.	2020H05	ANGELO LANCIA J
2.	2020H19	HEIDY HARRISH MARIYAA A
3.	2020H50	SNEHA A
4.	2020H53	SWEETY WINSHEEBA T
5.	2020E16	GOPIKA C
6.	2020E62	VIDHYA M
7.	2020S01	AAFRIN M
8.	2020L21	GEETHA LURTHU MARY J
9.	2020L22	GIRIJHA R
10.	2020L50	RENE VALENTINA SALATH V
11.	2020L69	SWETHA TERES U
12.	2020T16	JERMIN REJI S
13.	2020T60	ANNAL MERLIN S
14.	2020P01	ABARNA J
15.	2020C13	FERMI E
16.	2020C26	JOSE A
17.	2020C50	YASHINI R
18.	2020Z12	KANAGA RANI B
19.	2020Z23	PREETHI M
20.	2020N30	SHENBAGA MALLIKA S
21.	2020N31	SHERLIN SHILVIA A
22.	2020B08	CELSIA R
23.	2020B09	DELPHIN SUKI S
24.	2020B13	JANANI JOEL R
25.	2020B19	KHUSHI CHANDA M



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26.	2020B23	MARTIN VISHALI J
27.	2020B25	MUHSINA BARVEEN A
28.	2020B28	NAGAVATHSHAA N
29.	2020B29	NAHITHA PARVEEN J
30.	2020B31	NARMATHA S
31.	2020B35	RISHIKA SREE RK
32.	2020A07	ANNIE ANGEL P
33.	2020A08	ANRO NISHA E
34.	2020A17	BELCIA P
35.	2020A23	EVANGELIN EMIMA T
36.	2020A26	GOWRI P
37.	2020A64	STEPHINA M
38.	2021H02	ANTONY JEYA MONICA S
39.	2021H36	TEENA MEKLIN I
40.	2021E12	GAYATHRI A
41.	2021E19	KEERTHANA S
42.	2021E34	ROHINI B
43.	2021E45	SUJEETHA S
44.	2021S38	HARIPRIYA N
45.	2021L04	ANANCIA JESIKA A
46.	2021L37	SEENIYAMMAL NIRISHA A
47.	2021T13	HEMALATHA M
48.	2021T15	JERMAN VINONCIYA S
49.	2021M19	JERLIN JOSHI A
50.	2021M25	MAHALAKSHMI A
51.	2021M31	MUTHU MEENA A



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52.	2021M58	YOHAVI R
53.	2021M68	LAKSHMI J
54.	2021P07	CYNTHIAA L
55.	2021P12	JASMINE SAHAY OVIYA S
56.	2021P35	SHARINA JOE KATHRIN A
57.	2021P47	KAVIYA M
58.	2021C10	DINA MAGLIN G
59.	2021B01	AKSHAYA M
60.	2021B12	CATHEREN CHRISTINA A
61.	2021B15	DHIVYA S
62.	2021B23	JOE MARTINA A
63.	2021B36	RENISHA J S
64.	2021A18	FEMI NISHA R

Signature of the Coordinator