



FATIMA COLLEGE

(Autonomous)

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

NATIONAL SERVICE SCHEME

REPORT

Name of the Programme : Commemoration of International Yoga Day

Date of the Programme : 06.05.2022

Name of the Activity : Yoga and Meditation Training

Number of Beneficiaries : 84

Highlights of the Programme : Yoga and meditation practice

Outcome of the Programme :

Provided insight on the importance of yoga and meditation.

Inculcated the habit of practicing Yoga in the lifestyle of the volunteers Facilitated to improve mental focus and concentration among NSS volunteers Imparted awareness on the healthy strategies to overcome health problems.

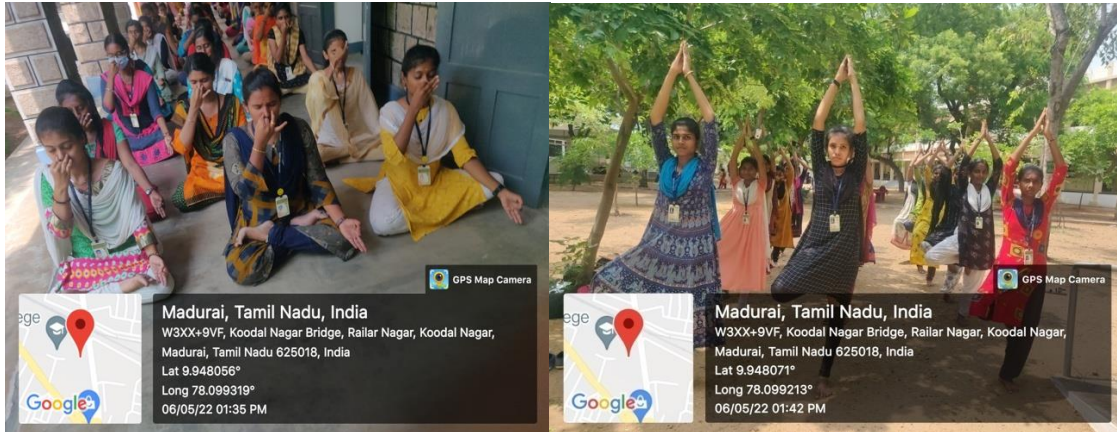
PHOTO GALLERY



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Practicing Breathing Exercise and Asanas (NSS Volunteers)

PARTICIPANTS LIST

S.No.	NAMES	REGISTER NUMBERS
1.	SATHYAGAYATHRI S	2021A57
2.	AISWARYA D	2021H01
3.	BALAMEENA S	2021H05
4.	DHIVYA DHARSHINI M	2021H07
5.	DURGA DEVI G	2021H08
6.	HARINI BALASRI K V	2021H09
7.	HARINI M	2021H10
8.	HARITHA B	2021H11
9.	HEMAAPRIYAA K	2021H12
10.	IRULAYEE J	2021H13
11.	ISWARYA A	2021H15
12.	JEEVA M	2021H17
13.	KAYATHRI R	2021H19
14.	KEERTHIKA S	2021H20
15.	LOSHINI S	2021H22
16.	NAGANJALI P	2021H24
17.	SAHITHA NASIN M	2021H29
18.	SAKTHI MURUGESWARI B	2021H30
19.	SHALINI LA	2021H31
20.	SONIA P	2021H32



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21.	SOWMIYA R	2021H33
22.	SUBHASHINI S	2021H35
23.	VENI S	2021H38
24.	ADHITHYA K	2021H42
25.	GAYATHRI P	2021H43
26.	VARSHA M	2021H45
27.	AMIRTHA N	2021H46
28.	MAREESWARI A	2021H47
29.	SATHIYA PRIYA R	2021H48
30.	JOTHIKA .M	2021H50
31.	SANGEETHA .M.	2021H54
32.	DIVYA M	2021H56
33.	RENUGA DEVI R	2021H57
34.	ANANDA PRIYA M	'2021E04
35.	BHUVANA SANGARI S	'2021E08
36.	BOOMIKA .C	2021E09
37.	HARINI V	'2021E13
38.	HARSHINI S	'2021E14
39.	JAISAKTHI G	'2021E15
40.	KAVIYA C	'2021E18
41.	LALITHA B	'2021E21
42.	LAVANYA S	'2021E22
43.	MAHALAKSHMI M	'2021E23
44.	MONISHA R	'2021E25
45.	NAZRIN S	'2021E26
46.	NIVETHITHA T	'2021E28
47.	PAVITHIRA M	'2021E29
48.	PRADEEPA T	'2021E30
49.	PRIYA DHARSHINI.M	2021E31
50.	ROHINI. B	2021E34
51.	SAMA PRIYA .M	2021E36
52.	AISWARYA D	2021H01



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54.	DHIVYA DHARSHINI M	2021H07
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79.	SATHIYA PRIYA R	2021H48
80.	JOTHIKA .M	2021H50
81.	SANGEETHA .M.	2021H54
82.	DIVYA M	2021H56
83.	RENUGA DEVI R	2021H57
84.	ANANDA PRIYA M	'2021E04



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P. Sydelene Vijini

SIGNATURE

(NSS COORDINATOR)