

FATIMA COLLEGE (AUTONOMOUS), MADURAI 18

DEPARTMENT OF TAMIL - 2015-2016

Title : மனவளக்கலை—யோகா - Workshop on “The Art of Mindful Yoga”
Date : 29th September 2015
Resource Person : Mr.R.M.J.Ramanathan,Editor, Anbukural – Magazine, Madurai
No. of Participants : 222
Focus on : **Skill Development**
Outcome : **The Workshop trained the students to learn Yoga techniques to improve mental health.**



பாத்திமா கல்லூரி தமிழ்த்துறை நடத்தும்
தமிழ் மன்றம்

இடம் : பொன்விழா அரங்கம்

நாள் : 29.09.2015

சிறப்பு விருந்தினர்: திரு.இராமநாதன்,
ஆசிரியர்,
அன்புக்குரல் இதழ்,
மதுரை.

பொருள் : “மனவளக்கலை - யோகா”

இவண்

முதல்வர்,

நிர்வாகத்தினர்,
தமிழ்த்துறையினர்

Report:

The Department of Tamil organized a Workshop on the topic “The Art of Mindful Yoga”. It was a useful session as **Skills to develop mental health** is very essential to manage stress and to stay peaceful at work and in life.

29.09.2015 அன்று நடைபெற்ற மன்றத்தில்
மாணவிகளுக்கு மனவளக்கலை பயிற்சி அளிக்கப்பட்டது.



மனவளக்கலை—யோகா

List of Student Participants

S.NO.	REGNO	NAME
1.	2015T01	ABINAYA M
2.	2015T02	ABINAYA R
3.	2015T03	AGAMATHY M
4.	2015T04	AJITHA MARY A
5.	2015T05	AKILA S
6.	2015T06	ANANTHAJOTHI G
7.	2015T07	ANTONY BASKA J
8.	2015T08	ANUSOPIA G
9.	2015T09	AROCKIAMARYANITHA J
10.	2015T10	ASHA P
11.	2015T11	ATHIRA K
12.	2015T12	BARKAVI S
13.	2015T13	BAVITHRA K
14.	2015T14	BHARATHI ROJA M
15.	2015T15	BHAVANI P
16.	2015T16	BHAVANI SANDHIYA M
17.	2015T17	CHITHRA B
18.	2015T18	DEVI N
19.	2015T19	DHANALAKSHMI P
20.	2015T20	DHANALAKSHMI S
21.	2015T21	GEETHA A
22.	2015T22	GNANESWARI A
23.	2015T23	GOWSALYA M
24.	2015T24	GOWSALYA S
25.	2015T25	HELAN FREEDA V
26.	2015T26	HEMALATHA R
27.	2015T27	ILAKKIYA T S

28.	2015T28	JACKULIN VINNARASI A
29.	2015T29	JANAGAIMARI G
30.	2015T30	JEWAIRIYA S
31.	2015T31	JEYA PRIYANKA I
32.	2015T32	JEYAPRIYA T
33.	2015T33	KALPANA M
34.	2015T34	KAMATCHI K
35.	2015T35	KANMANI M
36.	2015T36	KEERTHANA M
37.	2015T37	KEERTHI M
38.	2015T38	KOWSALYA J
39.	2015T39	LAVANYA K
40.	2015T40	MADHUMITHA L
41.	2015T41	MARI K
42.	2015T42	MEKALA M
43.	2015T43	MONICA YAZHINI V
44.	2015T44	NAGAMMAI R
45.	2015T45	NANDHINI PRIYA S
46.	2015T46	PANDEESWARI M
47.	2015T47	PAVITHRA M
48.	2015T48	PECHIYAMMAL L
49.	2015T49	PREETHA P
50.	2015T50	RAJESHWARI P
51.	2015T51	RAMYA A
52.	2015T52	SALETHSURIYA S
53.	2015T53	SANGEETHA I
54.	2015T54	SATHIYAPRIYA B
55.	2015T55	SINTHIYA RESPI B
56.	2015T56	SOUNDHARYA S
57.	2015T57	SUBASRI M
58.	2015T58	SUBATHRA M
59.	2015T59	SUBBULAKSHMI M
60.	2015T60	SUNDARESWARI K
61.	2015T61	SWATHEE B
62.	2015T62	VINITHA R
63.	2015T63	VISHNUPRIYA R

S.NO.	REGNO	NAME
64.	2015TMP01	MAHESWARI A
65.	2015TMP02	MERCY KEERTHANA P
66.	2015TMP03	PARAMESHWARI S
67.	2015TMP04	SAROJINI DEVI P

S.NO.	REG. NO.	NAME OF THE STUDENTS
68.	2015MATL01	ABARNA P
69.	2015MATL02	AMUTHA M
70.	2015MATL03	ANUSUYA K
71.	2015MATL04	ARULARASI R
72.	2015MATL05	BEAULA RUBY A
73.	2015MATL06	BHAVANI B

74.	2015MATL07	DIVYASRI K B
75.	2015MATL08	NANDHINI K
76.	2015MATL09	NIVEDHA M
77.	2015MATL10	PANTEESWARI S
78.	2015MATL11	PRIYATHARSINI S
79.	2015MATL12	SAGAYA MARY F
80.	2015MATL13	SUGANYA S
81.	2015MATL14	YOGALAKSHMI N

S.NO.	REGNO	NAME
82.	2014T01	AARTHI T
83.	2014T02	ABINAYA K
84.	2014T03	AJITHA D
85.	2014T04	AMARAPATHI B
86.	2014T05	ARCHANA DEVI B
87.	2014T06	BANU MARY I
88.	2014T07	BHUVANESWARI P
89.	2014T08	BIRTHOUS BANU A
90.	2014T09	DEVAYANI S
91.	2014T10	DHIVYA S
92.	2014T11	DHIVYA PRABHA I
93.	2014T12	DIVYA K
94.	2014T13	DIVYA T
95.	2014T14	DIVYABHARATHI M
96.	2014T15	DURKA DEVI M
97.	2014T16	GAYATHIRI R
98.	2014T17	HEMAMALINI S
99.	2014T18	HEMAVATHY K
100.	2014T19	JANSI RANI P
101.	2014T20	JENNI M
102.	2014T21	JEYAPRIYANKA R
103.	2014T22	KARUNYA V
104.	2014T23	KARUPPAMMAL M
105.	2014T24	KOKILA P
106.	2014T25	KOWSALYA S
107.	2014T26	KOWSIKA DEV P
108.	2014T27	LAKSHMI R
109.	2014T28	LAVANYA S
110.	2014T29	MAHESWARI R
111.	2014T30	MALAISELVI P
112.	2014T31	MARCXIA BHARATHI P
113.	2014T32	MATHANA G
114.	2014T33	MOWNIKA M
115.	2014T34	NIVETHA M
116.	2014T35	NOORNISHA M

117.	2014T36	PALANIYAMMAL C
118.	2014T37	PANJU C
119.	2014T38	PAVITHRA K
120.	2014T39	PRIYADHARSHINI N
121.	2014T40	RAMALAKSHMI G
122.	2014T41	RANJITHA M
123.	2014T42	RATHIMEENA T
124.	2014T43	ROSHMA RANI M
125.	2014T44	SAHAYA DIANA A
126.	2014T45	SALOMI S
127.	2014T46	SANGEETHA A
128.	2014T47	SANTHIYA G
129.	2014T48	SHANMUGA PRIYA S
130.	2014T49	SHOBANA R
131.	2014T50	SINDHURI J
132.	2014T51	SOBITHA K
133.	2014T52	SUMATHI M
134.	2014T53	VINITHA M
135.	2014T54	VISHALINI S
136.	2014T55	VISHNUPRIYA S

S.NO.	REGNO	NAME
137.	2013T01	ABIMANI B
138.	2013T02	ABINAYA A
139.	2013T03	ABIRAMI M
140.	2013T04	AJITHA M
141.	2013T05	AMUDHA P
142.	2013T06	ANDAL PRIYADHARSINI S
143.	2013T07	ANNALAKSHMI M
144.	2013T08	BACKIYA LAKSHMI P
145.	2013T09	BAKYA R
146.	2013T10	BARJANA BANU S
147.	2013T11	BARVEENRUSHVANA M
148.	2013T12	BHUVANESWARI B
149.	2013T13	CHANDRALEKA A
150.	2013T14	CHITRA A
151.	2013T15	DEVI S
152.	2013T16	DHIVYA P
153.	2013T17	DIVYA M
154.	2013T18	GAYATHRI K
155.	2013T19	GOWSALYA K
156.	2013T20	JANANI SHARMILA K
157.	2013T21	JAYA RINCY A
158.	2013T22	JENIFER S
159.	2013T23	JEROMI RACHSALINE A
160.	2013T24	JOTHIMANI K
161.	2013T25	KALAI SELVI R
162.	2013T26	KALEESWARI S

163.	2013T27	KANNAMMA S
164.	2013T28	KARTHIGA SELVI M
165.	2013T29	KARTHIKAISELVI K
166.	2013T30	KRISHNAVENI A
167.	2013T31	LAVANYA S
168.	2013T32	MANGAYARKARASI S
169.	2013T33	MEENA P
170.	2013T34	MURUGESHWARI P
171.	2013T35	MUTHUKARTHIGA M
172.	2013T36	MUTHULAKSHMI S
173.	2013T37	NANDHINI P
174.	2013T38	PANDEESWARI P
175.	2013T39	PANDEESWARI P
176.	2013T40	PANDI LAKSHMI L
177.	2013T41	PANDISELVI P
178.	2013T42	PAVITHRA M
179.	2013T43	PAVITHRADEVI P
180.	2013T44	PRABHA M
181.	2013T45	PRADEEPA S
182.	2013T46	PRIYA P
183.	2013T47	PRIYANKA P
184.	2013T48	PRIYANKA R
185.	2013T49	PRIYANKA R
186.	2013T50	PUSHPA A
187.	2013T51	RAJESWARI V
188.	2013T52	RAMYA N
189.	2013T53	RAMYA P
190.	2013T54	RASEETHA K
191.	2013T55	RATHIKA R
192.	2013T56	RATHNA R
193.	2013T57	REVATHI G
194.	2013T58	ROSILDA B
195.	2013T59	SABITHA R
196.	2013T60	SANTHANALAKSHMI S
197.	2013T61	SATHYA LEELA K
198.	2013T62	SELVAPRAPHA B
199.	2013T63	SHANTHI P
200.	2013T64	SIVASANKARI K
201.	2013T65	SURYA C
202.	2013T66	SWATHIDEVI P
203.	2013T67	VANITHA D
204.	2013T68	VELUMATHI R
205.	2013T69	VINITHA K
206.	2013T70	VINITHA N

S.NO.	REGNO	NAME
207.	2014MATL01	ABIRAMI M
208.	2014MATL02	ARPUTHAVALLI S
209.	2014MATL03	ATHILAKSHMI K
210.	2014MATL04	BARTHALOM SALOMI J
211.	2014MATL05	DAISY MARY A

212.	2014MATL06	DHANA LAKSHMI C
213.	2014MATL07	KARPAGAVALLI M
214.	2014MATL08	KAYALVIZHI S
215.	2014MATL09	LAKSHMIPANDI M
216.	2014MATL10	NAGAJOTHI A
217.	2014MATL11	NIVETHA C
218.	2014MATL12	OVIYA D
219.	2014MATL13	PADMAVATHI S
220.	2014MATL14	PAVITHRA B
221.	2014MATL15	PUVITHA B
222.	2014MATL16	SANGEETHA G