



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2015 – 2016



NATIONAL SERVICE SCHEME

DEMONSTRATION & AWARENESS PROGRAM ON “YOGA FOR HEALTHY LIFE”

Date: 03-09-2015

Time: 2.00PM- 4.00PM

Venue: Fatima College, Madurai

No of Participants: 78

Resource person: Shri. Yashpal, Director, Shivanandha International Centre for Yoga

On September 3rd 2015, Shri. Yashpal, Director, Shivanandha International Centre for Yoga gave the NSS student volunteers an awareness session on yoga for leading a healthy life. The program was organized by NSS units in the premises of Fatima College. His team also demonstrated certain asanas that are very essential for feminine wellbeing.

OUTCOME: The students learned the importance of yoga and learned a few asanas.

Yoga demonstration for the students

The chief guest addressing the students





Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2015 – 2016



PARTICIPANTS LIST

S.NO	MAJOR	NAME
1.	I PHYSICS	B. ABINAYARANI
2.	IPHYSICS	M. MICHLINE SANTHIYA
3.	I PHYSICS	A. NIKSHALA
4.	I PHYSICS	A.NILA
5.	I PHYSICS	R. SUBULAKSHMI
6.	I PHYSICS	P. SUPALDI SEBASTINA
7.	IPHYSICS	K. SWATHI BOSENI
8.	I PHYSICS	R. SWETHA
9.	I PHYSICS	S. VALLI
10.	I B.SC., CSC	NASREEN FARZHANA.S
11.	I B.SC., CSC	PAVITHRA.G.J.
12.	I B.SC., CSC	PRANOSA.J
13.	I B.SC., CSC	RAMYA.M
14.	II MATHS	AMALA PRINCY.B
15.	II MATHS	ANCY FLORA.A
16.	II MATHS	ANGELGNANAJENCY.J
17.	II MATHS	ANITHA.S
18.	II MATHS	ARUL INFANTA.J
19.	II MATHS	ARUNA.J
20.	II MATHS	ARUNOTHAYA.R
21.	II MATHS	SOBIYA.T
22.	I MATHS	BADMAVATHI.J



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2015 – 2016



23.	I MATHS	DARMIN.S
24.	I MATHS	THERSA VIRGIN.L
25.	I MATHS	UMAIYA GAYATHIRI.S
26.	I MATHS	VIJILIYA.S
27.	I CHEMISTRY	NAGA JOTHI. K
28.	I CHEMISTRY	NAGA LAKSHMI. N
29.	II.SOCIOLOGY	VINIMOL.V
30.	II B.COM	AARTHY S
31.	II B.COM	AJITHA K
32.	II B.COM	SHEFALI POOJA S
33.	II B.SC (HSC)	SATHYA BAMA M
34.	II B.SC (HSC)	SWETHA V
35.	I B.SC (HSC)	NANDHINI P
36.	I B.SC (HSC)	NASRIN M
37.	I B.SC (HSC)	NIVETHA R
38.	I B.SC (HSC)	SOWNDARYA M
39.	I B.SC (HSC)	SUBRA JANANI G
40.	I B.SC (HSC)	PRIYADHARSHINI G.S
41.	I B.COM	ANKITHA JOHNSON
42.	I B.COM	KEERTHANA S
43.	I B.COM	KALEESHWARI
44.	I B.COM	RAMYA
45.	I B.COM	SANTHANA SHANTHA
46.	I B.COM	NAAGA LAKSHMI
47.	II B.SC ZOOLOGY	PRIYADHARSHINI.G.S



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2015 – 2016



48.	II B.SC ZOOLOGY	VAISHALI. S
49.	II B. SC.,C.SC.	SWATHI .M
50.	II B. SC.,C.SC.	VINCY.A
51.	II B. SC.,C.SC.	VINCY VINOLA.R
52.	I B.SC. ZOOLOGY	JANAKI KOWSALYA
53.	I B.SC. ZOOLOGY	JENCIYA BANU
54.	I B. C. SC.	SUREKA. S
55.	I B. C. SC.	THANGA SHRUTHI. S
56.	I B. C. SC.	VAISHNAVIDEVI
57.	I B. C. SC.	VASUMATHY.V
58.	I B. C. SC.	ELIZABETH VESTA FERNANDO. G
59.	II BA TAMIL	AMARAPATHI.B
60.	I B.A TAMIL	ABINAYA R
61.	I B.A TAMIL	AGAMATHY M
62.	I B.A TAMIL	AKILA S
63.	I B.A TAMIL	CHITHRA B
64.	I B.A TAMIL	DEVIN
65.	I B.A TAMIL	SUNDARESWARI K
66.	I B.A TAMIL	SWATHEE B
67.	II B.A. ENGLISH	MANCY.D
68.	II B.A. ENGLISH	MARIAM SHEEBA.J
69.	II B.A. ENGLISH	SIVARANJANI.P
70.	II ECONOMICS	N. BENAZIR BEGUM
71.	II ECONOMICS	M. PRADEEPA
72.	II ECONOMICS	B. PRIYADHARSHINI



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2015 – 2016



73.	II HISTORY	K. ABIRAMI
74.	II HISTORY	S. BHUVANESHWARI
75.	II HISTORY	S. JOTHILAKSHMI
76.	II HISTORY	M. KALADEVI
77.	I B.A. ENGLISH	ANTO MARY RAPHAELA .M
78.	II B.A. ENGLISH	LAVANYA.R

