



**Criterion : III – Research, Innovations and Extension**

**Metric : 3.6.3 & 3.6.4 Extension Activities**

**Year : 2019 – 2020**



### NSS SHIFT I

### YOGA DAY CELEBRATION

**DATE:** 21-06-2019

**TIME:** 2.00 PM -4.00P M

**NO OF PARTICIPANTS:** 25

**VENUE:** Fatima College, Madurai.

The NSS volunteers of Fatima College participated in the **World Yoga Day competitions** conducted by Madurai Kamaraj University, Madurai on 21.06.2019. The volunteers participated in various competitions. M. Deepthi from II Tamil won the first prize in Tamil Elocution. S. Josfa of II Tamil and T. Yogeswari of II Chemistry won the second prize in Yoga Demo Competition.

### **OUTCOME:**

Students learnt about the holistic benefits of yoga

They were motivated to practice yoga regularly to help achieve a better life, physically, mentally and spiritually.

### **PHOTO GALLERY**



Students of Fatima College receiving prizes



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### PARTICIPANTS' LIST

S. NO.	MAJOR	NAME
1	II MATHS	PANDILAKSHMI.T
2	II MATHS	SWARNAMBIGAI.G
3	II MATHS	SWEDHAA.K
4	II MATHS	SUBALAKSHMI.M
5	II MATHS	SHAMALA.V
6	II MATHS	HEPSHIBAH SHIRLY.J
7	II MATHS	MARIYA SUSHMITHA
8	II MATHS	UDHAYAGANDHI.R
9	II MATHS	PREETHI.P
10	II MATHS	SUSEE PRIYA.J
11	II MATHS	SOWMYA.M
12	II MATHS	JAICEY CATHORINE.J



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13	II MATHS	FRANCINA.J
14	II MATHS	MADHUMATHI.V
15	II MATHS	EILEEN.P
16	II MATHS	ABIGAIL.M
17	II MATHS	JOSEPHIN SELVI.M
18	II MATHS	AROCKIYA MONISHA.A
19	II MATHS	HANIFA DENSY.A
20	II MATHS	HEPHZIBAH.S
21	II MATHS	GLADIN SOPHIYA.L
22	II MATHS	NANDHINI.T.
23	II MATHS	HARINI.S
24	II MATHS	VARSHINI.OOM
25	II MATHS	SHERLIN HELINA.R