

## **Report on Yoga and Meditation Awareness Programme**

*Date:* 3rd and 4th August 2018 *Venue:* Sree Chitra Thirunal College of Engineering

**Introduction:** Sree Chitra Thirunal College of Engineering organized a two-day Yoga and Meditation Awareness Programme on the 3rd and 4th of August 2018. The event aimed to promote physical, mental, and emotional well-being among students and faculty members through the practice of yoga and meditation.

**Day 1 Highlights:** The first day of the programme commenced with an inaugural ceremony presided over by the college principal, faculty members, and distinguished guests from the field of yoga and meditation. The ceremony began with the lighting of the lamp followed by an invocation to seek blessings for a successful event. The principal delivered the inaugural address, emphasizing the importance of incorporating yoga and meditation into daily life for holistic development.

Following the inaugural ceremony, participants engaged in various yoga sessions conducted by experienced instructors. These sessions covered different aspects of yoga, including asanas (postures), pranayama (breathing exercises), and relaxation techniques. Participants were guided through each posture with detailed instructions on correct alignment and breathing.

In addition to yoga sessions, informative lectures were held on the benefits of yoga and meditation for overall health and stress management. Experts shared insights into the science behind yoga and its positive effects on physical fitness, mental clarity, and emotional stability. Participants actively participated in interactive discussions and expressed their eagerness to integrate yoga into their daily routines.

**Day 2 Highlights:** The second day of the programme focused on meditation practices and mindfulness techniques. Participants learned various meditation methods, including mindfulness meditation, loving-kindness meditation, and body scan meditation. Experienced meditation instructors guided participants through each practice, emphasizing the importance of focus, concentration, and relaxation.

In addition to meditation sessions, workshops were conducted on stress management and relaxation techniques. Participants learned practical strategies for coping with stress and anxiety in academic and personal life. They were encouraged to cultivate a regular meditation practice to enhance resilience and mental well-being.

The programme concluded with a closing ceremony, where participants shared their feedback and experiences. Certificates of participation were distributed to all attendees as a token of appreciation for their active involvement.

**Conclusion:** The Yoga and Meditation Awareness Programme at Sree Chitra Thirunal College of Engineering was a resounding success, providing participants with valuable knowledge and practical tools for enhancing their physical, mental, and emotional well-being. The event underscored the importance of incorporating yoga and meditation into educational institutions to promote a culture of holistic wellness among students and faculty members. Such initiatives are essential for nurturing healthy and balanced individuals who can contribute positively to society.

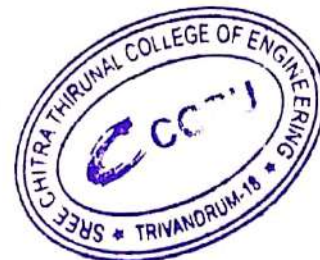
Attendance of Yoga & Meditation Programme  
3<sup>rd</sup> August 2018 – Batch 1

Sl No	NAME	After Noon
1	ABHIRAM T	<i>Abhiram T</i>
2	ABHIRAM M S	<i>Abhiram</i>
3	ADHITHYA SHANIL	<i>AA</i>
4	ADITHYA V KRISHNA	<i>AK</i>
5	AFRIN AMINA	<i>Afrin</i>
6	AKSHAY B S	<i>Akshay</i>
7	ALEN SOORYA S S	<i>Alen</i>
8	ANJANA R	<i>Anjana</i>
9	ARATHY KRISHNA	<i>Arathy</i>
10	ARATHY S	<i>Arathy S</i>
11	ARAVIND R	<i>Aravind</i>
12	ARDRA PRAKASH D	<i>Ardra</i>
13	ARNAV VASUDEVAN	<i>Arnav</i>
14	ATHUL M S	<i>Athul M S</i>
15	BHAVESH S	<i>Bhavesh</i>
16	CHITHRALEKSHMI M D	<i>Chithra</i>
17	CRISTINA JOSEPH	
18	DENNA ANN JACOB	<i>Denna</i>
19	DEVIKA DEVADAS	<i>Devika</i>
20	DONAL MATHEW P T	
21	ELIZABETH B OTTACKAL	
22	GOVARDHAN D	<i>Govardhan</i>
23	GOVIND KRISHNA S	<i>Govind</i>
24	GRAMIKA SIJU	<i>Gramika</i>
25	GREESHMA B	
26	GREGARY PHILIPS	<i>Gregary</i>

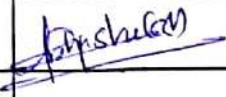


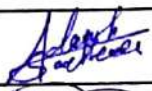








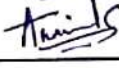
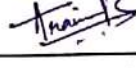

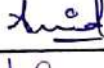

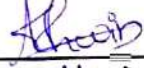


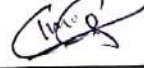

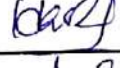







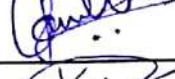




**Attendance of Yoga & Meditation Programme**  
**3<sup>rd</sup> August 2018 – Batch 1**

Sl.No	NAME	After Noon
27	HARIMADHAV S	<i>[Signature]</i>
28	HELEN SARA ALEX	<i>[Signature]</i>
29	J NATARAJA THILAK	<i>[Signature]</i>
30	JACOB B STEPHEN	<i>[Signature]</i>
31	JEEV JACOB GEORGE	<i>[Signature]</i>
32	K SURYASREE	<i>[Signature]</i>
33	KALIDAS D K	<i>[Signature]</i>
34	KEVIN BIJU	<i>[Signature]</i>
35	LIYANA J	<i>[Signature]</i>
36	MADHAV K	<i>[Signature]</i>
37	MEKHNA S RAJ	<i>[Signature]</i>
38	N ABIN MOHAMMED	<i>[Signature]</i>
39	NANDANA A J	<i>[Signature]</i>
40	NEHA K	
41	NIDHI R	<i>[Signature]</i>
42	NIKHIL JOY	<i>[Signature]</i>
43	NIRANJAN ANIL	<i>[Signature]</i>
44	NIRANJANA S R	<i>[Signature]</i>
45	PRAFUL GEORGE	<i>[Signature]</i>
46	PRIYA PIYUSE	
47	RAEES MOHAMED CS	
48	RESHMA ARUN	<i>[Signature]</i>
49	RISHYKA VINOD S	<i>[Signature]</i>
50	ROHAN MATHEW	<i>[Signature]</i>
51	ROHITH JOHN PANICKER	<i>[Signature]</i>
52	ROHITH VIJAYAN	
53	RYAN B	<i>[Signature]</i>
54	SAARIKA S S	<i>[Signature]</i>
55	SABIN SHAH S B	<i>[Signature]</i>
56	SEBIN MARTIN	<i>[Signature]</i>
57	SONA BAKER S	
58	SREELAKSHMI M K	
59	SREYA NAIR P B	<i>[Signature]</i>
60	VIDHYA VIJAYAKUMAR	<i>[Signature]</i>
61	VISHNU S	<i>[Signature]</i>

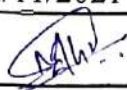
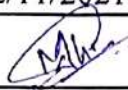






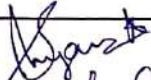

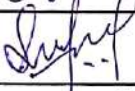
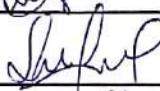












**Attendance of Yoga & Meditation Programme**  
**3<sup>rd</sup> August 2018 – Batch 2**

Sl No	Name	22/11/2021- FN	22/11/2021- AN
1	ABHISHEK M NAIR		
2	ABINAS N		
3	ADARSH C S		
4	ADITHYAN P NAIR		
5	ADITHYAN V KUMAR		
6	AFSAL T S		
7	AKUL SATHEESH		
8	AMAL SATHEESH		
9	ARAVIND S		
10	ARAVIND BIJOY		
11	ASHWIN S PILLAI		
12	FREDDY G ALEXANDER		
13	GOUTHAM R K		
14	GOVIND S H		
15	HARIKRISHNAN R T		
16	JISHNU S		
17	JOYEL JOFY		
18	JYOTHISH R SURESH		
19	KARUN K B		
20	KRISHNANUNNI R J		



**Attendance of Yoga & Meditation Programme**  
**3<sup>rd</sup> August 2018 – Batch 2**

Sl No	Name	22/11/2021- FN	22/11/2021- AN
21	MAHISANKAR J S		
22	NEERAJ A		
23	PRANAV V P		
24	RUFAS XAVIER MONACHEN		
25	S.MUHAMMED FAHAD		
26	SABARI NATH S V		
27	SANDRA G DILEEP		
28	SAVIO SHAJI		
29	SHYAM P SEKHAR		
30	SIDHARTH R		
31	SIVIS S CASTRO		
32	S PRANAV LEKSHMAN		
33	SRAVAN S WARRIER		
34	SYAMKRISHNA A		
35	VARUN GIRISH		
36	VISWESH G		

37. Adwait R .

Present .



**Attendance of Yoga & Meditation Programme**  
**3<sup>rd</sup> August 2018 – Batch 3**

FN

Roll No	Name	After Noon
501	AASIF MOHAMMED N	<i>Aasif</i>
502	ABHAY ANANTHA	<i>Abhay Anantha</i>
503	ABHIJITH SREEKUMAR	
504	ABHINAV PRAKASH	<i>Abhinav</i>
505	ABHIRAM S	<i>Abhiram</i>
506	ABHIRAMI J J	<i>Abhirami J J</i>
507	ABHISHEK A S	<i>Abhishek</i>
508	ABHISHEK S	<i>Abhishek</i>
509	ABHISHEKA SUSEEL	<i>Abhisheka</i>
510	ADHILA SHAJAHAN	<i>Adhila</i>
511	ADITHYA SEN	<i>Adithya Sen</i>
512	ADITHYAN M NAMBIAR	<i>Adithyan</i>
513	ADNAN AMBALAVAN	<i>Adnan</i>
514	AFREEN T S	
515	AISWARYA V B	<i>Aiswarya</i>
516	AJANTHAN S	
517	AJAY KRISHNAN	<i>Ajay</i>
518	AKHIL VARMA P R	<i>Akhil</i>
519	ALAKANANDA P S	
520	ALAP A	<i>Alap</i>
521	ALBIN SAJI	<i>Albin</i>
522	ALVIN SABU	<i>Alvin</i>
523	AMAL NATH M	
524	AMRITA ANIL	
525	AMULYA VINOD	<i>Amulya</i>
526	ANAMIKA A KAMATH	<i>Anamika</i>
527	ANJALI KRISHNA S	<i>Anjali</i>



**Attendance of Yoga & Meditation Programme**  
**3<sup>rd</sup> August 2018 – Batch 3**

528	ANJALI N	<del>XXXX</del>
529	ANURANJ V DEV	A. S. V.
530	ARAVIND R S	Aravind
531	ARAVINDH S M	Aravind
532	ARCHA S V	Archa
533	ARIJUN A J	Arijun
534	ARYA A N	Arya
535	BHARATH MOHAN	Bharath
536	BRYAN STANLEY JONES	Bryan
537	C ANAGHA MOHAN	Canagha
538	D ARJUN	D. Arjun
539	D VIGNESH	Dignesh
540	DEEPAK KRISHNAN	Deepak
541	DEEPTHI S PANICKER	
542	DEVIKA M S	Devika
543	DEVIKA RAJEEV P	Devika
544	DHIYA BIJU	Dhiya
545	DHIYA MARY THOMAS	Dhiya
546	EMIL'CHERIAN	Emil
547	FAMIDA AFSAL M	Famida
548	FEBIN S	Febin
549	FIANOVA ROX MICHAEL	Fianova
550	G KRISHNANJANA	G. Krishnanjana
551	GEETHU S SANTHOSH	Geethu
552	GOKUL P	Gokul
553	GOURICHANDANA B S	
554	GOVIND S N	
555	GOWTHAM KRISHNA M	Gowtham
556	HARI KRISHNA K	
557	HARINANDANA S	Harinandana
558	HEERA B L	Heera

Akshaya Sajeev      Akshaya



## Attendance of Yoga & Meditation Programme

3<sup>rd</sup> August 2018 – Batch 4

AN

Roll No	Name	Morning
601	HEMANDH J	<i>Handwritten signature</i>
602	IRIN BINU	<i>Handwritten signature</i>
603	JISHNU V	<i>Handwritten signature</i>
604	JOELL B	<i>Handwritten signature</i>
605	JOVIN SEBASTIAN	<i>Handwritten signature</i>
606	KALIDAS S	<i>Handwritten signature</i>
607	M P FARDEEN	<i>Handwritten signature</i>
608	MADHAV VINOD	<i>Handwritten signature</i>
609	MIDHUN MOHAN M	<i>Handwritten signature</i>
610	MITHUN SUMOD	
611	MOHAMED KAIF M I	<i>Handwritten signature</i>
612	MOHAMMED NAZEEB SHA S	<i>Handwritten signature</i>
613	MURALIKRISHNAN V A	<i>Handwritten signature</i>
614	NANDANA K V	<i>Handwritten signature</i>
615	NANDANA PROMOTH	<i>Handwritten signature</i>
616	NANDINI M	<i>Handwritten signature</i>
617	NAZRIN SAIFUDEEN	
618	NEHA NAZREENA ANWER	<i>Handwritten signature</i>
619	NIKHIL JONES	<i>Handwritten signature</i>
620	NIKHIL S	<i>Handwritten signature</i>
621	NIKHIL SANJU	<i>Handwritten signature</i>
622	NIKHITA SUJITH	<i>Handwritten signature</i>
623	NISANTH BINOD	
624	PANCHMI G S	<i>Handwritten signature</i>
625	PARVATHY L	
626	PAUL ABRAHAM	<i>Handwritten signature</i>





# Attendance of Yoga & Meditation Programme

3<sup>rd</sup> August 2018 – Batch 4

Roll No	Name	Morning
627	PRANAV BABURAJAN	<i>Pranav</i>
628	PRANAY S NAMBIAR	<i>Pranay</i>
629	RAJARAM G	<i>Rajaram</i>
630	RESA RAJU MATHEWS	<i>Resa</i>
631	RESHMA RAMESH	<i>Reshma</i>
632	REUBEN MATHEW	<i>Reuben</i>
633	RINSHA S	
634	RIYUSH REMJU	<i>Riyush</i>
635	SALO E S	
636	SAMVED VIVEK	<i>Samved</i>
637	SIDHARTH N KRISHNA	<i>Sidharth</i>
638	SONA G	<i>Sona</i>
639	SREEGIRIDHAR G S	<i>Sree</i>
640	SREELAKSHMI C	<i>Sreelakshmi</i>
641	SUFAIL S	<i>Sufail</i>
642	SUJIN SHANKAR S	<i>Sujin</i>
643	SURYADEV S	<i>Surya</i>
644	SUSAG S GOPI	<i>Susag</i>
645	SYED IMRAN R	<i>Syedimran</i>
646	THERESA RAYNA BENNO	<i>Theresa</i>
647	UTHAM KUMAR U PAI	<i>Utham</i>
648	V UNNI KRISHNAN NAIR	<i>Vunni</i>
649	VAISHNAV P	<i>Vaishnav</i>
650	VAISHNAV V S	<i>Vaishnav</i>
651	VENI B	<i>Veni</i>
652	VENKATESH KRISHNAN	<i>Venkatesh</i>
653	VIJAI MURALI	<i>Vijai</i>
654	VIJAY SANKAR P N	<i>Vijay</i>
655	VINAYAK R	<i>Vinayak</i>
656	VISHNU SANTHOSH	<i>Vishnu</i>
657	VISHNUNATH P S	
658	YOHAAN S ABRAHAM	<i>Yohan</i>

59  
60

