



## SREE CHITRA THIRUNAL COLLEGE OF ENGINEERING



**YOGA & MEDITATION PROGRAMME 2019**

**VENUE : Drawing Hall, Workshop Building**

**Date: 1<sup>st</sup> & 2<sup>nd</sup> August 2019**

# **Report on Yoga and Meditation Programme by Heartfulness at Sree Chitra Thirunal College of Engineering**

**Date:** 1st and 2nd August 2019

**Introduction:** Sree Chitra Thirunal College of Engineering hosted a Yoga and Meditation Programme conducted by Heartfulness on the 1st and 2nd of August 2019. The program aimed to introduce students to the benefits of yoga and meditation, promoting physical and mental well-being.

**Program Overview:** The two-day program included sessions on various yoga asanas (postures), breathing exercises, and guided meditation techniques. Experienced instructors from Heartfulness led the sessions, ensuring participants received comprehensive guidance.

## **Feedback from Students:**

### **1. Physical Benefits:**

- Many students reported feeling more flexible and relaxed after participating in the yoga asanas sessions.
- Some noted improvements in posture and reduced muscle tension.

### **2. Mental Well-being:**

- A significant number of students expressed feeling calmer and more centered after the meditation sessions.
- Several mentioned experiencing reduced stress and increased mental clarity.

### **3. Overall Experience:**

- The majority of students found the program to be informative and enjoyable.
- Many expressed interest in incorporating yoga and meditation into their daily routines.
- Some suggested having similar programs regularly to maintain continuity and deepen their practice.

**Conclusion:** The Yoga and Meditation Programme by Heartfulness at Sree Chitra Thirunal College of Engineering received positive feedback from students, who appreciated the opportunity to learn and experience the benefits of these practices. The program succeeded in promoting physical and mental well-being among participants and sparked interest in continuing these practices in the future.

**Recommendations:** Based on the feedback received, it is recommended to organize regular yoga and meditation sessions on campus to support students' holistic development and well-being. Additionally, promoting awareness of the long-term benefits of these practices can encourage more students to participate actively.

Attendance of Yoga & Meditation Programme  
1<sup>st</sup> August 2019 – Batch 3

Sl.No	Name	Morning
1	A M ADITHYA KURUP	
2	ABHIJITH B	<i>Abhi</i>
3	ABHIJITH V K	<i>Abhi</i>
4	ABHIJITH S	<i>Abhi</i>
5	ABHINAV R C	<i>Abhi</i>
6	ABHINAVE M	<i>Abhinav</i>
7	ABHIRAM A I	<i>Abhiram</i>
8	ABHIRAM A S	<i>Abhiram</i>
9	ABHIRAMI A U	<i>Abhirami</i>
10	ABHISHEK P B	<i>Abhishek</i>
11	ABHISHEK S	<i>Abhishek</i>
12	ABHISHEK M S	<i>Abhishek</i>
13	ADITH REMESH	<i>Adith</i>
14	ADITHYA V	<i>Adithya</i>
15	ADITHYA V PILLAI	<i>Adithya</i>
16	ADITHYAN A	<i>Adithyan</i>
17	ADITHYAN SUNIL	<i>Adithyan</i>
18	ADWAITH M I	<i>Adwaith</i>
19	AKHIL SANKAR	<i>Akhil</i>
20	AKSHAI SATHYA	<i>Akshai</i>
21	AKSHAY B S	<i>Akshay</i>
22	AMAL R S	<i>Amal</i>
23	AMALKRISHNA K	
24	AMRITHA A M	<i>Amritha</i>
25	ANAND M A	<i>Anand</i>
26	ANAND M D	<i>Anand</i>



**Attendance of Yoga & Meditation Programme**  
**1<sup>st</sup> August 2019 – Batch 3**

27	ANAND SHYMA BAIJU	<i>[Signature]</i>
28	ANANTHA KRISHNAN S	<i>[Signature]</i>
29	ANSAM MOHAMMED N	<i>[Signature]</i>
30	ARAVINDH P KRISHNA	<i>[Signature]</i>
31	ARJUN U L	<i>[Signature]</i>
32	ARUN DEV A S	<i>[Signature]</i>
33	ASHIK MOHAMMED S S	<i>[Signature]</i>
34	ASHIYA KHAN M	<i>[Signature]</i>
35	ASWIN AS	<i>[Signature]</i>
36	ASWIN ANIL	<i>[Signature]</i>
37	ASWIN S	
38	ASWIN B S	<i>[Signature]</i>
39	ASWIN S	<i>[Signature]</i>
40	BIBIN MATHEW	<i>[Signature]</i>
41	BIBIN B M	<i>[Signature]</i>
42	CHAITHANYA SUBRAHMANYAM	<i>[Signature]</i>
43	DEVA DUTT A	<i>[Signature]</i>
44	EVIN JOAN SHAJI	<i>[Signature]</i>
45	FRANKLYN ADVIN COELHO	<i>[Signature]</i>
46	GAUTHAM G KAILAS	<i>[Signature]</i>
47	HEMANDH R H	<i>[Signature]</i>
48	JISHNU MADHAV S R	<i>[Signature]</i>
49	KASHI NATH M A	<i>[Signature]</i>
50	NIKHIL K	<i>[Signature]</i>
51	NITHIN KRISHNAN K	<i>[Signature]</i>
52	PARTHASARATHY PRASANTH	<i>[Signature]</i>
53	SOORAJ S	<i>[Signature]</i>
54	V ANANDAKRISHNAN	<i>[Signature]</i>
55	V D ABHISHEK	<i>[Signature]</i>
56	VASUDEV S P	<i>[Signature]</i>

57. Aswanth S

*[Signature]*



**Attendance of Yoga & Meditation Programme**  
**1<sup>st</sup> August 2019 – Batch 4**

Sl.No	Name	Morning
1	S PRANAV LEKSHMAN	<i>[Signature]</i>
2	ABHISHEK M NAIR	<i>[Signature]</i>
3	ABINAS N	← ab →
4	ADARSH C S	<i>[Signature]</i>
5	ADITHYAN P NAIR	← ab →
6	ADITHYAN V KUMAR	<i>[Signature]</i>
7	ADWAITH R	← ab →
8	AFSAL T S	← ab →
9	AKUL SATHEESH	<i>[Signature]</i>
10	AMAL SATHEESH	<i>[Signature]</i>
11	ARAVIND BIJOY	<i>[Signature]</i>
12	ARAVIND S	← ab →
13	ASHWIN S PILLAI	<i>[Signature]</i>
14	FREDDY G ALEXANDER	<i>[Signature]</i>
15	GOUTHAM R K	← ab →
16	GOVIND S H	<i>[Signature]</i>
17	HARIKRISHNAN R T	<i>[Signature]</i>
18	JISHNU S	<i>[Signature]</i>
19	JOYEL JOFY	<i>[Signature]</i>
20	JYOTHISH R SURESH	<i>[Signature]</i>
21	KARUN K B	← ab →
22	KRISHNANUNNI R J	← ab →
23	MAHISANKAR J S	<i>[Signature]</i>
24	NEERAJ A	← ab →
25	PRANAV V P	<i>[Signature]</i>
26	RUFAS XAVIER MONACHEN	← ab →



**Attendance of Yoga & Meditation Programme**  
**1<sup>st</sup> August 2019 - Batch 4**

Sl.No	Name	Morning
27	S MUHAMMED FAHAD	<i>Fahad</i>
28	SABARI NATH S V	<i>Sabari</i>
29	SANDRA G DILEEP	<i>Sandra</i>
30	SAVIO SHAJI	← <i>sb</i> →
31	SHYAM P SEKHAR	<i>Shyam</i>
32	SIDHARTH R	<i>Sidharth</i>
33	SIVIS S CASTRO	← <i>sb</i> →
34	SRAVAN S WARRIER	← <i>sb</i> →
35	SYAMKRISHNA A	<i>Syam</i>
36	VARUN GIRISH	<i>Varun</i>
37	VISWESH G	<i>Viswesh</i>

38 HARI KRISHNA S

*Plz*

*RS*  
 23/7/2021  
 Rinu Sanyal

Attendance of Yoga & Meditation Programme  
2<sup>nd</sup> August 2019 – Batch 1

Sl.No	NAME	Morning
1	ABHIRAM T	<i>Abhiram T</i>
2	ABHIRAM M S	<i>Abhiram M S</i>
3	ADHITHYA SHANIL	<i>Adhithya Shanil</i>
4	ADITHYA V KRISHNA	<i>Adithya V Krishna</i>
5	AFRIN AMINA	<i>Afrin Amina</i>
6	AKSHAY B S	<i>Akshay B S</i>
7	ALEN SOORYA S S	<i>Alen Soorya S S</i>
8	ANJANA R	<i>Anjana R</i>
9	ARATHY KRISHNA	<i>Arathy Krishna</i>
10	ARATHY S	<i>Arathy S</i>
11	ARAVIND R	<i>Aravind R</i>
12	ARDRA PRAKASH D	<i>Ardra Prakash D</i>
13	ARNAV VASUDEVAN	<i>Arnav Vasudevan</i>
14	ATHUL M S	<i>Athul M S</i>
15	BIIAVESH S	<i>Biiavesh S</i>
16	CHITHRALEKSHMI M D	<i>Chithralekshmi M D</i>
17	CRISTINA JOSEPH	<i>Cristina Joseph</i>
18	DENNA ANN JACOB	<i>Denna Ann Jacob</i>
19	DEVIKA DEVADAS	<i>Devika Devadas</i>
20	DONAL MATHEW P T	<i>Donal Mathew P T</i>
21	ELIZABETH B OTTACKAL	<i>Elizabeth B Ottackal</i>
22	GOVARDHAN D	<i>Govardhan D</i>
23	GOVIND KRISHNA S	<i>Govind Krishna S</i>
24	GRAMIKA SIJU	<i>Gramika Siju</i>
25	GREESHMA B	<i>Greeshma B</i>
26	GREGARY PHILIPS	<i>Gregary Philips</i>
27	HARIMADHAV S	<i>Harimadhav S</i>
28	HELEN SARA ALEX	<i>Helen Sara Alex</i>
29	J NATARAJA THILAK	<i>J Nataraja Thilak</i>
30	JACOB B STEPHEN	<i>Jacob B Stephen</i>
31	JEEV JACOB GEORGE	<i>Jeev Jacob George</i>
32	K SURYASREE	<i>K Suryasree</i>



**Attendance of Yoga & Meditation Programme**  
**2<sup>nd</sup> August 2019 – Batch 1**

Sl No	NAME	Morning
33	KALIDAS D K	4
34	KEVIN BILU	4
35	LIVANA J	4
36	MADHAV K	4
37	MEKHNA S RAI	4
38	N ABIN MOHAMMED	4
39	NANDANA A J	4
40	NEHA K	4
41	NIDHI R	4
42	NIKHIL JOY	4
43	NIRANJAN ANIL	4
44	NIRANJANA S R	4
45	PRAFUL GEORGE	4
46	PRIYA PIYUSE	4
47	RAEES MOHAMED C S	4
48	RESHMA ARUN	4
49	RISHYKA VINOD S	4
50	ROHAN MATHEW	4
51	ROHITH JOHN PANICKER	4
52	ROHITH VIJAYAN	4
53	RYAN B	4
54	SAARIKA S S	4
55	SABIN SHAH S B	4
56	SEBIN MARTIN	4
57	SONA BAKER S	4
58	SREELAKSHMI M K	4
59	SREYA NAIR P B	4
60	VIDHYA VIJAYAKUMAR	4
61	VISHNU S	4

62. GIETHU S SANTHOSH

63. VENKATESWAR. G

*Gulsh*  
*Venkateswar*





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Attendance of Yoga & Meditation Programme  
2<sup>nd</sup> August 2019 – Batch 2

Roll No	Name	After Noon
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	<i>Handwritten signature</i>
626	PAUL ABRAHAM	<i>Handwritten signature</i>



Attendance of Yoga & Meditation Programme  
2<sup>nd</sup> August 2019 – Batch 2

Roll No	Name	After Noon
627	PRANAV BABURAJAN	<i>Pranav</i>
628	PRANAY S NAMBIAR	<i>Pranay</i>
629	RAJARAM G	<i>Rajaram G</i>
630	RESA RAJU MATHEWS	<i>Resa</i>
631	RESHMA RAMESH	<i>Reshma</i>
632	REUBEN MATHEW	<i>Reuben</i>
633	RINSHA S	<i>Rinsha</i>
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>Sreeg</i>
640	SREELAKSHMI C	<i>Sreel</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>Rayna</i>
647	UTHAM KUMAR U PAI	<i>Utham</i>
648	V UNNI KRISHNAN NAIR	<i>Vunni</i>
649	VAISHNAV P	<i>Vais</i>
650	VAISHNAV V S	<i>Vais</i>
651	VENI B	<i>Veni</i>
652	VENKATESH KRISHNAN	<i>Venka</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>



## Attendance of Yoga & Meditation Programme

2<sup>nd</sup> August 2019 – Batch 3

Sl No	Name	Morning
1	AASIYA YASIR	<i>[Signature]</i>
2	ABHILASH S	<i>[Signature]</i>
3	ABHIMANYU B	<i>[Signature]</i>
4	ABHIMANYU PRADEEP	<i>[Signature]</i>
5	ABHINAND M M	<i>[Signature]</i>
6	ABINEET THAMPI	<i>[Signature]</i>
7	ADARSH U	<i>[Signature]</i>
8	ADITHYA S	<i>[Signature]</i>
9	ADITHYA PRAKASH	<i>[Signature]</i>
10	ADVAITH ARVIND	<i>[Signature]</i>
11	ADWAID A PRAJAPATHY	<i>[Signature]</i>
12	AFSAL T.S	<i>[Signature]</i>
13	AFTHAB HUSSAIN	<i>[Signature]</i>
14	AMRITA ANIL	<i>[Signature]</i>
15	ANANTHA SIVAM	<i>[Signature]</i>
16	ANANTHAKRISHNAN V L	<i>[Signature]</i>
17	ANJANA SATHISH	
18	ANJUM SHOUKKATH	<i>[Signature]</i>
19	ARDRA A H	<i>[Signature]</i>
20	ARJUN G RAVI	<i>[Signature]</i>
21	ASWIN B S	<i>[Signature]</i>
22	BENYAMIN ALEXANDER JOSEPH	<i>[Signature]</i>
23	CERIN CELINA SELASTIN	
24	DEVANAND A	<i>[Signature]</i>
25	DIYA SUSAN JACOB	<i>[Signature]</i>
26	FATHIMA HASNA MAHSHOOK RAHMAN	<i>[Signature]</i>
27	G VENKATESWAR	
28	GOVIND S SARATH	<i>[Signature]</i>
29	GOVIND S.N	<i>[Signature]</i>
30	HARIPRIYA P	
31	HARITH HUSSAIN	<i>[Signature]</i>



**Attendance of Yoga & Meditation Programme**  
**2<sup>nd</sup> August 2019 – Batch 3**

Sl No	Name	Morning
32	HARREL JACOB ALEX	<i>[Signature]</i>
33	JEEVA JOJI CHANGETHU	<i>[Signature]</i>
34	JEEVAN SANTHOSH S	
35	JEROM A J	<i>[Signature]</i>
36	KARTHIK RAM S	<i>[Signature]</i>
37	MADHAV CHANDRASEKHARAN	<i>[Signature]</i>
38	MAHITH RAVEENDRAN	<i>[Signature]</i>
39	MALAVIKA MADHU	<i>[Signature]</i>
40	MALAVIKA MADHU	
41	MINHAD S	<i>[Signature]</i>
42	MOHAMMED F A	<i>[Signature]</i>
43	NANDANA NAIR S	<i>[Signature]</i>
44	NANDINI A	<i>[Signature]</i>
45	NARENDRAN S P	<i>[Signature]</i>
46	NAZIM ANWAR	<i>[Signature]</i>
47	NEVIN A S	<i>[Signature]</i>
48	P V ADWAITH	<i>[Signature]</i>
49	PRANAV P	<i>[Signature]</i>
50	RAHUL B S	<i>[Signature]</i>
51	RISWI R	<i>[Signature]</i>
52	ROHIT FRANCIS	<i>[Signature]</i>
53	ROSH CHERIAN	<i>[Signature]</i>
54	S BALANARAYANAN	<i>[Signature]</i>
55	SALO E.S	<i>[Signature]</i>
56	SAURAV S SURESH	<i>[Signature]</i>
57	SIDDHARTH S	<i>[Signature]</i>
58	SOORAJ R	<i>[Signature]</i>
59	SREEJESH KUMAR C V	<i>[Signature]</i>
60	SREEPADMARAG PS	<i>[Signature]</i>
61	STEVE PAUL	<i>[Signature]</i>

62. BHARAT S

63. ALISHAH P.S

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*[Signature]*



Attendance of Yoga & Meditation Programme  
2<sup>nd</sup> August 2019 – Batch 4

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Sl.No	Name	Morning
501	AASIF MOHAMMED N	<i>[Signature]</i>
502	ABHAY ANANTHA	<i>[Signature]</i>
503	ABHIJITH SREEKUMAR	
504	ABHINAV PRAKASH	<i>[Signature]</i>
505	ABHIRAM S	<i>[Signature]</i>
506	ABHIRAMI J J	<i>[Signature]</i>
507	ABHISHEK A S	<i>[Signature]</i>
508	ABHISHEK S	<i>[Signature]</i>
509	ABHISHEKA SUSEEL	<i>[Signature]</i>
510	ADHILA SHAJAHAN	<i>[Signature]</i>
511	ADITHYA SEN	<i>[Signature]</i>
512	ADITHYAN M NAMBIAR	<i>[Signature]</i>
513	ADNAN AMBALAVAN	<i>[Signature]</i>
514	AFREEN T S	
515	AISWARYA V B	<i>[Signature]</i>
516	AJANTHAN S	
517	AJAY KRISHNAN	<i>[Signature]</i>
518	AKHIL VARMA P R	<i>[Signature]</i>
519	ALAKANANDA P S	
520	ALAP A	<i>[Signature]</i>
521	ALBIN SAJI	<i>[Signature]</i>
522	ALVIN SABU	<i>[Signature]</i>
523	AMAL NATH M	
524	AMRITA ANIL	
525	AMULYA VINOD	<i>[Signature]</i>
526	ANAMIKA A KAMATH	<i>[Signature]</i>
527	ANJALI KRISHNA S	<i>[Signature]</i>
528	ANJALI N	<i>[Signature]</i>



# Attendance of Yoga & Meditation Programme

2<sup>nd</sup> August 2019 – Batch 4

Sl.No	Name	Morning
529	ANURANJ V DEV	A - 2 - 21
530	ARAVIND R S	Aravind
531	ARAVINDH S M	Aravindh
532	ARCHA S V	Archa
533	ARJUN A J	Arjun
534	ARYA A N	Arya
535	BHARATH MOHAN	Bharath
536	BRYAN STANLEY JONES	Bryan
537	C ANAGHA MOHAN	C Anagha
538	D ARJUN	D Arjun
539	D VIGNESH	D Vignesh
540	DEEPAK KRISHNAN	Deepak
541	DEEPTHI S PANICKER	Deepti
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	Gourichandana
554	GOVIND S N	Govind
555	GOWTHAM KRISHNA M	Gowtham
556	HARI KRISHNA K	Hari
557	HARINANDANA S	Harinandana
558	HEERA B L	Heera

Akshaya Sajeev

Akshaya



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

SL NO:	NAME	Morning
1	ABHIRAMI A B	<i>Abhirami</i>
2	ABIJA SHAJAN P	<i>Abija</i>
3	ADITHYAN B C	
4	AFRINA FARHEEN PULIPRA	<i>Afrina</i>
5	AGNA CATHERIEN	<i>AGNA</i>
6	AKSHAYA SURESH	<i>Akshaya</i>
7	ALBIN K SHERY	<i>Albin</i>
8	ANITTA P G	<i>Anitta P.G.</i>
9	ANJALI MOHAN	<i>Anjali</i>
10	ANJUM SHANAVAS	<i>Anjum</i>
11	ANUGRAHA S PRASAD	
12	ARSHA P RAJ	<i>Arsha</i>
13	ARYA A L	<i>Arya Al</i>
14	ASHINA BABU	<i>Ashina Babu</i>
15	ASWIN H J	<i>Aswin</i>
16	DHANUSH D	<i>Dhanush D</i>
17	ELIZABATH ATHULYA	<i>Elizabeth</i>
18	FAHMIDHA	<i>Fahmidha</i>
19	FARHANA NOUSHAD	<i>Farhana</i>
20	FARZANA FAISAL GAFFOOR	<i>Farzana</i>
21	GAUTHAM KRISHNA	
22	GAYATHRI BALAGOPAL	<i>Gayathri</i>
23	GAYATHRI S NAIR	<i>Gayathri</i>
24	GAYATHRI V	<i>Gayatri</i>
25	GAYATHRIDAS P S	
26	GOPIKA K S	<i>Gojika</i>



# Attendance of Yoga & Meditation Programme

4<sup>th</sup> August 2018 - Batch 1

27	GOPIKA SINDHU GOPAKUMAR	<i>Gopika</i>
28	GOWRI R	<i>Gowri</i>
29	GOWRI P H	<i>Gowri</i>
30	GOWRI R U	<i>Gowri</i>
31	HAJARA S	<i>Hajara</i>
32	HARIKRISHNAN U	
33	HARIPRIYA S	<i>Haripriya</i>
34	HRIDYA S	<i>Hridya</i>
35	J P DEVA NARAYAN	<i>J P Deva</i>
36	KARTHIK VINOD	
37	KRISHNA SUNIL	
38	MALAVIKA D	
39	MEGHA V	<i>Megha</i>
40	NAIMA ABDUL NAZAR	<i>Naima</i>
41	NANDANA S PRAKASH	<i>Nandana</i>
42	NANDANA SAJJU PILLAI	<i>Nandana</i>
43	NAYAN B S	
44	NEHA T S	<i>Neha</i>
45	NIVEDA A	<i>Niveda</i>
46	PARVATHI GOPINATH	<i>Parvathi</i>
47	POOJA P	
48	RAIZA FAISEL	<i>Raiza</i>
49	ROHITH KRISHNA	<i>Rohith</i>
50	SAFIYA SANU	
51	SANDRA R NATH	
52	SAYOOJ DARSAN S P	<i>Sayooj</i>
53	SHIVANI ANIL	<i>Shivani</i>
54	SNIGDHA P	<i>Snigdha</i>
55	SONA MATHEW	
56	SOURAV ARUN	<i>Sourav</i>
57	SREELEKSHMI S I	<i>Sreelekshmi</i>
58	SREENANDA K S	<i>Sreenanda</i>
59	TEENU JOHNSON	<i>Teenu</i>

60 Adithyashree

*Adithyashree*





**Attendance of Yoga & Meditation Programme**  
**1<sup>st</sup> August 2019 – Batch 1**

Sl.No	Name	After Noon
1	GAYALGHOSH B	<i>Goyal</i>
2	GOUTHAM KRISHNA M	<i>GKR</i>
3	GOUTHAM M R	<i>Goutham MR</i>
4	HARI NANDAN S	<i>H Nandan</i>
5	IRFAN MUHAMMED M	<i>Irfan</i>
6	KARTHIK S S	<i>Karthik</i>
7	KARTHIK V	<i>K.V.</i>
8	KIRAN M S	<i>Kiran M S</i>
9	LEO S S	<i>Leo S S</i>
10	M S SARANG	<i>Sarang</i>
11	MEGHA PONNU	<hr/>
12	MEKHA S K	<i>Mekha</i>
13	MITHUN ASOK	<i>Mithun</i>
14	MOHAMMED MISHAL P S	<hr/>
15	MOHAMMED YASEEN ANWAR SADIQ	<i>Mohd Yaseen</i>
16	MUHAMMED NOUFAL B	<i>Noufal</i>
17	MURALEE KRISHNA	<i>Muralee</i>
18	N MUHAMMED IMRAN	<i>Imran</i>
19	NANDAGOPAN G	<i>Nandagopan</i>
20	NANDINI RAJ A	<i>Nandini</i>
21	NAVANEETH KRISHNA M V	<i>Navaneeth</i>
22	NAVANEETH S	<i>Navaneeth S</i>
23	NEENU PREM	<i>Neenu</i>
24	PRIYANANDAN AJITH	<i>Priyanandan</i>
25	REGHU RAM B	<i>Reghu</i>
26	ROHIN S S	<i>Rohin S S</i>



# Attendance of Yoga & Meditation Programme

1<sup>st</sup> August 2019 – Batch 2

27	S GANANATH	<i>S.M.</i>
28	SALMAN A A	<i>Sud</i>
29	SARANLAL S PILLAI	<i>AH-141</i>
30	SEJI GEORGE	<i>Seji</i>
31	SHABAS MUHAMMAD S	<i>Sh</i>
32	SHARON S	<i>Sharon</i>
33	SIDHARTH G	<i>Sid</i>
34	SIDHARTH J	<i>Sid</i>
35	SIDHARTH J	<i>Sid</i>
36	SIDHARTH J S	<i>Sid</i>
37	SIDHARTH R S	<i>Sid</i>
38	SIDHARTH S S	<i>Sid</i>
39	SOURAV SURESH	<i>Sourav</i>
40	SREERAG S	<i>Sreerag</i>
41	SUNDAR M	<i>Sundar</i>
42	SYED AFEED S	<i>Syed</i>
43	THAUFEEQUE RAHMAN	<i>Thaufeeque</i>
44	VAISAKH P NAIR	<i>Vaisakh</i>
45	VASUDEV A G	<i>Vasudev</i>
46	VIGNU MOHAN	<i>Vignu</i>
47	VINAYAK J CHANDRAN	<i>Vinayak</i>
48	VISAKH V	<i>Visakh</i>
49	VISMAYA JAYAKUMAR	<i>Vismaya</i>
50	VIVEK S VIJAYAN	<i>Vivek</i>

51. Sravan s Warriar

52. A. Neeraj

53. Savio Shaji

*Neeraj*

*Neeraj*

*Savio*

