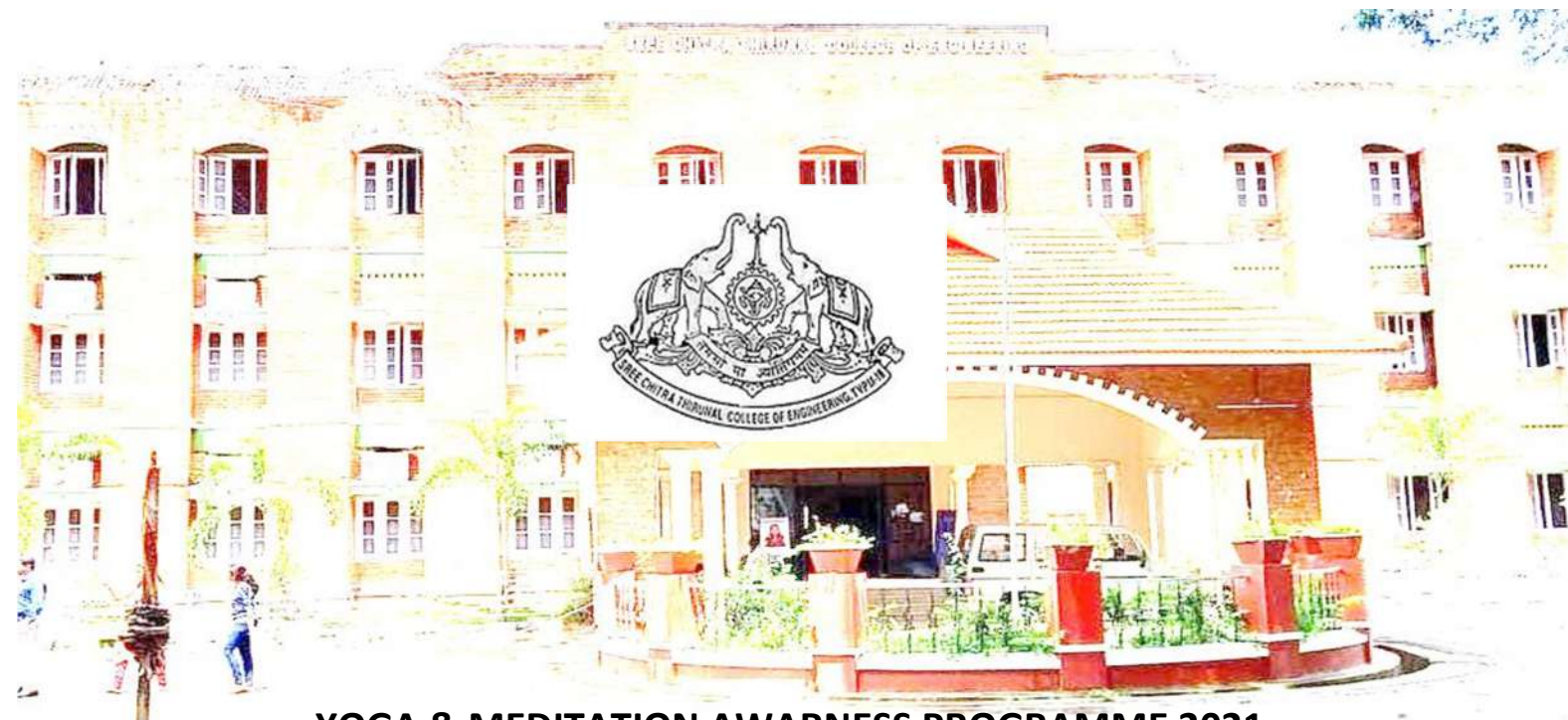


Dr. Mini S
Head of Department of Biochemistry
University of Kerala, Kariavattom Campus

SREE CHITRA THIRUNAL COLLEGE OF ENGINEERING



YOGA & MEDITATION AWARENESS PROGRAMME 2021

VENUE : Drawing Hall, Workshop

Date: 14th & 15th August 2021

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

Date: August 14th and 15th, 2021

Venue: Sree Chitra Thirunal College of Engineering

Objective: The primary aim of the program was to introduce students and faculty to the practices of Yoga and Meditation as a means to enhance mental, emotional, and physical well-being.

Day 1 - August 14th, 2021:

1. **Introduction to Heartfulness:** The program commenced with an introduction to Heartfulness Meditation, explaining its principles and benefits.
2. **Yoga Session:** A certified Yoga instructor led a session focusing on basic yoga postures and breathing exercises to improve flexibility, strength, and relaxation.
3. **Interactive Session:** Participants engaged in an interactive session where they could ask questions about Yoga and Meditation, clarifying doubts and misconceptions.
4. **Heartfulness Meditation:** The day concluded with a guided Heartfulness Meditation session, allowing participants to experience inner peace and relaxation.

Day 2 - August 15th, 2021:

1. **Advanced Yoga Practices:** Building upon the basics introduced on the first day, participants delved into more advanced yoga practices, including pranayama and meditation techniques.
2. **Mindfulness Workshop:** A workshop on mindfulness techniques was conducted, focusing on the application of mindfulness in daily life to reduce stress and enhance focus.
3. **Group Discussions:** Small group discussions were organized to share personal experiences with Yoga and Meditation, fostering a sense of community and support among participants.
4. **Closing Ceremony:** The program concluded with a closing ceremony where participants shared their reflections and insights gained from the two-day workshop. Certificates of participation were distributed to all attendees.

Outcome: The Yoga and Meditation program by Heartfulness at Sree Chitra Thirunal College of Engineering received positive feedback from participants, who reported feeling more relaxed, focused, and energized. Many expressed interest in continuing their practice and integrating Yoga and Meditation into their daily routines for long-term well-being.

Conclusion: The program successfully achieved its objectives of introducing participants to the benefits of Yoga and Meditation, providing them with practical techniques to manage stress and improve overall quality of life.

This report highlights the success of the Yoga and Meditation program conducted by Heartfulness at Sree Chitra Thirunal College of Engineering, demonstrating the positive impact of these practices on the holistic well-being of participants.

Attendance of Yoga & Meditation Programme
14th August 2021 – Batch 1

Sl.No	Name	After Noon
1	A M ADITHYA KURUP	
2	ABHIJITH B	<i>Abhi B</i>
3	ABHIJITH S	<i>Abhi S</i>
4	ABHIJITH V K	<i>Abhi V K</i>
5	ABHINAV R C	<i>Abhinav</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 M S	<i>Abhishek</i>
11	ABHISHEK P B	<i>Abhishek</i>
12	ABHISHEK S	<i>Abhishek</i>
13	ADITH REMESH	<i>Adith</i>
14	ADITHYA V	<i>Adithyan</i>
15	ADITHYA V PILLAI	<i>Adithyan</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	<i>Amal Krishna K</i>
24	AMRITHA A M	<i>Amritha</i>
25	ANAND M A	<i>Anand</i>
26	ANAND M D	<i>Anand</i>
27	ANAND SHYMA BAIJU	<i>Anand</i>



Attendance of Yoga & Meditation Programme

14th August 2021 – Batch 1

Sl No	Name	After Noon
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	ASWANTH S	<i>[Signature]</i>
36	ASWIN ANIL	<i>[Signature]</i>
37	ASWIN AS	<i>[Signature]</i>
38	ASWIN B S	
39	ASWIN S	<i>[Signature]</i>
40	ASWIN S	<i>[Signature]</i>
41	BIBIN B M	<i>[Signature]</i>
42	BIBIN MATHEW	<i>[Signature]</i>
43	CHAITHANYA SUBRAHMANYAM	<i>[Signature]</i>
44	DEVA DUTT A	
45	EVIN JOAN SHAJI	<i>[Signature]</i>
46	FRANKLYN ADVIN COELHO	<i>[Signature]</i>
47	GAUTHAM G KAILAS	<i>[Signature]</i>
48	HEMANDH R H	<i>[Signature]</i>
49	JISHNU MADHAV S R	<i>[Signature]</i>
50	KASHI NATH M A	<i>[Signature]</i>
51	NIKHIL K	<i>[Signature]</i>
52	NITHIN KRISHNAN K	<i>[Signature]</i>
53	PARTHASARATHY PRASANTH	<i>[Signature]</i>
54	SOORAJ S	
55	V ANANDAKRISHNAN	<i>[Signature]</i>
56	V D ABHISHEK	<i>[Signature]</i>
57	VASUDEV S P	<i>[Signature]</i>

58 Fayaz Abhammed S

[Signature]



Attendance of Yoga & Meditation Programme
14th August 2021 – Batch 2

Sl.No	Name	Fore Noon
1	GAYALGHOSH B	
2	GOUTHAM KRISHNA M	
3	GOUTHAM M R	
4	HARI NANDAN S	
5	IRFAN MUHAMMED M	
6	KARTHIK S S	
7	KARTHIK V	
8	KEERTHI G S	
9	KIRAN M S	
10	LEO S S	
11	M S SARANG	
12	MEGHA PONNU	
13	MEKHA S K	
14	MITHUN ASOK	
15	MOHAMMED MISHAL P S	
16	MOHAMMED YASEEN ANWAR SADIQ	
17	MUHAMMED NOUFAL B	
18	MURALEE KRISHNA	
19	N MUHAMMED IMRAN	
20	NANDAGOPAN G	
21	NANDINI RAJ A	
22	NAVANEETH KRISHNA M V	
23	NAVANEETH S	
24	NEENU PREM	
25	NEERAJ A	
26	NIRANJAN SUDHEER	
27	PRIYANANDAN AJITH	
28	REGHU RAM B	



Attendance of Yoga & Meditation Programme
14th August 2021 – Batch 2

Sl.No	Name	Fore Noon
29	ROHIN S S	[Signature]
30	S GANANATH	[Signature]
31	SALMAN A A	[Signature]
32	SARANLAL S PILLAI	[Signature]
33	SAVIO SHAJI	[Signature]
34	SEJI GEORGE	[Signature]
35	SHABAS MUHAMMAD S	[Signature]
36	SHARON S	[Signature]
37	SIDHARTH G	[Signature]
38	SIDHARTH J	[Signature]
39	SIDHARTH J	[Signature]
40	SIDHARTH J S	[Signature]
41	SIDHARTH R S	[Signature]
42	SIDHARTH S S	[Signature]
43	SOURAV SURESH	[Signature]
44	SRAVAN S WARRIER	[Signature]
45	SREERAG S	[Signature]
46	SUNDAR M	[Signature]
47	SYED AFEED S	[Signature]
48	THAUFEEQUE RAHMAN	[Signature]
49	VAISAKH P NAIR	[Signature]
50	VASUDEV A G	[Signature]
51	VIGNU MOHAN	[Signature]
52	VINAYAK J CHANDRAN	[Signature]
53	VISAKH V	
54	VISMAYA JAYAKUMAR	[Signature]
55	VIVEK S VIJAYAN	

56 Kedar D hal

[Signature]



Attendance of Yoga & Meditation Programme

14th August 2021 – Batch 3

Sl.No	Name	Fore Noon
1	AASIF MOHAMMED N	<i>Aasif</i>
2	ABHAY ANANTHA	<i>Abhay Anantha</i>
3	ABHIJITH SREEKUMAR	
4	ABHINAV PRAKASH	<i>Abhinav</i>
5	ABHIRAM S	<i>Abhiram</i>
6	ABHIRAMI J J	<i>Abhirami</i>
7	ABHISHEK A S	<i>Abhishek</i>
8	ABHISHEK S	
9	ABHISHÉKA SUSEEL	<i>Abhisheka</i>
10	ADHILA SHAJAHAN	<i>Adhila</i>
11	ADITHYA SEN	<i>Adithya Sen</i>
12	ADITHYAN M NAMBIAR	<i>Adithyan</i>
13	ADNAN AMBALAVAN	<i>Adnan</i>
14	AFREEN T S	<i>Afreem</i>
15	AISWARYA V B	<i>Aiswarya</i>
16	AJANTHAN S	
17	AJAY KRISHNAN	<i>Ajay</i>
18	AKHIL VARMA P R	<i>Akhil</i>
19	AKSHAYA SAJEEV	<i>Akshaya</i>
20	ALAKANANDA P S	
21	ALAP A	<i>Alap</i>
22	ALBIN SAJI	<i>Albin</i>
23	ALVIN SABU	<i>Alvin</i>
24	AMAL NATH M	<i>Amal</i>
25	AMRITA ANIL	
26	AMULYA VINOD	<i>Amulya</i>
27	ANAMIKA A KAMATH	<i>Anamika</i>
28	ANJALI KRISHNA S	<i>Anjali</i>

Attendance of Yoga & Meditation Programme

14th August 2021 – Batch 3

Sl.No	Name	Fore Noon
29	ANJALI N	<i>[Signature]</i>
30	ANURANI V DEV	<i>[Signature]</i>
31	ARAVIND R S	<i>[Signature]</i>
32	ARAVINDH S M	<i>[Signature]</i>
33	ARCHA S V	<i>[Signature]</i>
34	ARIUN A J	<i>[Signature]</i>
35	ARYA A N	<i>[Signature]</i>
36	BHARATH MOHAN	<i>[Signature]</i>
37	BRYAN STANLEY JONES	<i>[Signature]</i>
38	C ANAGHA MOHAN	<i>[Signature]</i>
39	D ARJUN	<i>[Signature]</i>
40	D VIGNESH	<i>[Signature]</i>
41	DEEPAK KRISHNAN	<i>[Signature]</i>
42	DEEPTHI S PANICKER	<i>[Signature]</i>
43	DEVIKA M S	<i>[Signature]</i>
44	DEVIKA RAJEEV P	<i>[Signature]</i>
45	DHIYA BIJU	<i>[Signature]</i>
46	DHIYA MARY THOMAS	<i>[Signature]</i>
47	EMIL CHERIAN	<i>[Signature]</i>
48	FAMIDA AFSAL M	<i>[Signature]</i>
49	FEBIN S	<i>[Signature]</i>
50	FIANOVA ROX MICHAEL	<i>[Signature]</i>
51	G KRISHNANJANA	
52	GEETHU S SANTHOSH	
53	GOKUL P	<i>[Signature]</i>
54	GOURICHANDANA B S	
55	GOVIND S N	
56	GOWTHAM KRISHNA M	<i>[Signature]</i>
57	HARI KRISHNA K	<i>[Signature]</i>
58	HARINANDANA S	<i>[Signature]</i>
59	HEERA B L	<i>[Signature]</i>

60 Abhijith Deepak

[Signature]

Attendance of Yoga & Meditation Programme
14th August 2021 – Batch 4

Sl.No	Name	Fore Noon
1	ABHISHEK M NAIR	<i>Abhishek</i>
2	ABINAS N	
3	ADARSH C S	<i>Adarsh</i>
4	ADITHYAN P NAIR	<i>Adithyan</i>
5	ADITHYAN V KUMAR	<i>Adithyan</i>
6	ADWAITH R	<i>Adwaith</i>
7	AFSAL T S	
8	AKUL SATHEESH	<i>Akul</i>
9	AMAL SATHEESH	<i>Amal</i>
10	ARAVIND BIJOY	<i>Aravind</i>
11	ARAVIND S	<i>Aravind</i>
12	ASHWIN S PILLAI	<i>Ashwin</i>
13	FREDDY G ALEXANDER	<i>Freddy</i>
14	GOUTHAM R K	
15	GOVIND S H	<i>Govind</i>
16	HARIKRISHNA S	<i>Rat.</i>
17	HARIKRISHNAN R T	<i>Hari</i>
18	JISHNU S	<i>Jishnu</i>
19	JOYEL JOFY	<i>Joyel</i>
20	JYOTHISH R SURESH	<i>Jyothish</i>
21	KARUN K B	<i>Karun</i>
22	KRISHNANUNNI R J	<i>Krishnan</i>
23	MAHISANKAR J S	<i>Mahisankar</i>
24	NEERAJ A	
25	PRANAV V P	<i>Pranav</i>
26	RUFAS XAVIER MONACHEN	
27	S PRANAV LEKSHMAN	<i>S Pranav</i>

Attendance of Yoga & Meditation Programme

14th August 2021 – Batch 4

Sl.No	Name	Fore Noon
28	S MUHAMMED FAHAD	<u>Stahad</u>
29	SABARI NATH S V	<u>S Sabari</u>
30	SANDRA G DILEEP	<u>Sandra</u>
31	SAVIO SHAJI	
32	SHYAM P SEKHAR	<u>Shyam</u>
33	SIDHARTH R	<u>Sidharth</u>
34	SIVIS S CASTRO	<u>Sivis</u>
35	SRAVAN S WARRIER	
36	SYAMKRISHNA A	<u>Syam</u>
37	VARUN GIRISH	<u>Varun</u>
38	VISWESH G	<u>Viswesh</u>

39 Ajay Kailas

Ajaykailas

40 AADIL I R

Aadil

41 Adithya Anil D

Adithya

Attendance of Yoga & Meditation Programme

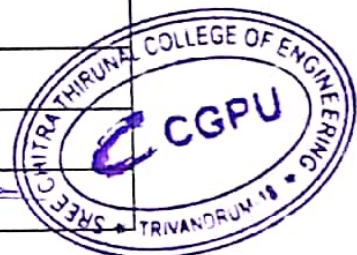
15th August 2021 – Batch 1

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



Attendance of Yoga & Meditation Programme
15th August 2021 – Batch 1

Sl.No	Name	Fore Noon
28	ANANTHA KRISHNAN S	
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	ASWANATH S	<i>[Signature]</i>
36	ASWIN ANIL	<i>[Signature]</i>
37	ASWIN AS	<i>[Signature]</i>
38	ASWIN B S	<i>[Signature]</i>
39	ASWIN S	<i>[Signature]</i>
40	ASWIN S	<i>[Signature]</i>
41	BIBIN B M	<i>[Signature]</i>
42	BIBIN MATHEW	<i>[Signature]</i>
43	CHAITHANYA SUBRAHMANYAM	<i>[Signature]</i>
44	DEVA DUTT A	
45	EVIN JOAN SHAJI	<i>[Signature]</i>
46	FRANKLYN ADVIN COELHO	<i>[Signature]</i>
47	GAUTHAM G KAILAS	
48	HEMANDH R H	<i>[Signature]</i>
49	JISHNU MADHAV S R	<i>[Signature]</i>
50	KASHI NATH M A	<i>[Signature]</i>
51	NIKHIL K	<i>[Signature]</i>
52	NITHIN KRISHNAN K	<i>[Signature]</i>
53	PARTHASARATHY PRASANTH	<i>[Signature]</i>
54	SOORAJ S	<i>[Signature]</i>
55	V ANANDAKRISHNAN	<i>[Signature]</i>
56	V D ABHISHEK	<i>[Signature]</i>
57	VASUDEV S P	<i>[Signature]</i>
58	Jayaz Ahmed	<i>[Signature]</i>



Attendance of Yoga & Meditation Programme
15th August 2021 – Batch 2

Sl.No	Name	Fore Noon
1	GAYALGHOSH B	<i>[Signature]</i>
2	GOUTHAM KRISHNA M	<i>[Signature]</i>
3	GOUTHAM M R	<i>[Signature]</i>
4	HARI NANDAN S	
5	IRFAN MUHAMMED M	<i>[Signature]</i>
6	KARTHIK S S	<i>[Signature]</i>
7	KARTHIK V	<i>[Signature]</i>
8	KEERTHI G S	
9	KIRAN M S	<i>[Signature]</i>
10	LEO S S	<i>[Signature]</i>
11	M S SARANG	<i>[Signature]</i>
12	MEGHA PONNU	
13	MEKHA S K	<i>[Signature]</i>
14	MITHUN ASOK	
15	MOHAMMED MISHAL P S	<i>[Signature]</i>
16	MOHAMMED YASEEN ANWAR SADIQ	<i>[Signature]</i>
17	MUHAMMED NOUFAL B	<i>[Signature]</i>
18	MURALEE KRISHNA	<i>[Signature]</i>
19	N MUHAMMED IMRAN	
20	NANDAGOPAN G	<i>[Signature]</i>
21	NANDINI RAJ A	<i>[Signature]</i>
22	NAVANEETH KRISHNA M V	<i>[Signature]</i>
23	NAVANEETH S	<i>[Signature]</i>
24	NEENU PREM	
25	NEERAJ A	<i>[Signature]</i>
26	NIRANJAN SUDHEER	
27	PRIYANANDAN AJITH	<i>[Signature]</i>
28	REGHU RAM B	<i>[Signature]</i>



Attendance of Yoga & Meditation Programme
15th August 2021 – Batch 2

Sl.No	Name	Fore Noon
29	ROHIN S S	<i>[Signature]</i>
30	S GANANATH	<i>[Signature]</i>
31	SALMAN A A	<i>[Signature]</i>
32	SARANLAL S PILLAI	<i>[Signature]</i>
33	SAVIO SHAJI	
34	SEJI GEORGE	<i>[Signature]</i>
35	SHABAS MUHAMMAD S	<i>[Signature]</i>
36	SHARON S	<i>[Signature]</i>
37	SIDHARTH G	<i>[Signature]</i>
38	SIDHARTH J	<i>[Signature]</i>
39	SIDHARTH J	<i>[Signature]</i>
40	SIDHARTH J S	<i>[Signature]</i>
41	SIDHARTH R S	<i>[Signature]</i>
42	SIDHARTH S S	<i>[Signature]</i>
43	SOURAV SURESH	<i>[Signature]</i>
44	SRAVAN S WARRIER	<i>[Signature]</i>
45	SREERAG S	<i>[Signature]</i>
46	SUNDAR M	<i>[Signature]</i>
47	SYED AFEED S	
48	THAUFEEQUE RAHMAN	<i>[Signature]</i>
49	VAISAKH P NAIR	<i>[Signature]</i>
50	VASUDEV A G	
51	VIGNU MOHAN	<i>[Signature]</i>
52	VINAYAK J CHANDRAN	<i>[Signature]</i>
53	VISAKH V	
54	VISMAYA JAYAKUMAR	
55	VIVEK S VIJAYAN	

56 Kedari D hal
 57 Muhammed Asif.A



Attendance of Yoga & Meditation Programme
15th August 2021 – Batch 3

Sl.No	Name	After Noon
1	AADIL R	<i>[Signature]</i>
2	ABHISHEK M NAIR	
3	ABINAS N	
4	ADARSH C S	<i>[Signature]</i>
5	ADITHYA ANIL D	<i>[Signature]</i>
6	ADITHYAN P NAIR	
7	ADITHYAN V KUMAR	<i>[Signature]</i>
8	ADWAITH R	
9	AFSAL T S	
10	AJAY KAILAS	<i>Ajay Kailas</i>
11	AKUL SATHEESH	
12	AMAL SATHEESH	
13	ARAVIND BIJOY	
14	ARAVIND S	<i>Aravind S</i>
15	ASHWIN S PILLAI	<i>Ashwin</i>
16	FREDDY G ALEXANDER	<i>Freddy</i>
17	GOUTHAM R K	
18	GOVIND S H	<i>[Signature]</i>
19	HARIKRISHNA S	<i>[Signature]</i>
20	HARIKRISHNAN R T	<i>[Signature]</i>
21	JISHNU S	<i>Jishnu S</i>
22	JOYEL JOFY	
23	JYOTHISH R SURESH	<i>[Signature]</i>
24	KARUN K B	<i>[Signature]</i>
25	KRISHNANUNNI R J	<i>[Signature]</i>
26	MAHISANKAR J S	<i>[Signature]</i>
27	NEERAJ A	



Attendance of Yoga & Meditation Programme
15th August 2021 – Batch 3

Sl.No	Name	After Noon
28	PRANAV V P	<i>[Signature]</i>
29	RUFAS XAVIER MONACHEN	
30	S PRANAV LEKSHMAN	<i>[Signature]</i>
31	S. MUHAMMED FAHAD	<i>[Signature]</i>
32	SABARI NATH S V	<i>[Signature]</i>
33	SANDRA G DILEEP	<i>[Signature]</i>
34	SAVIO SHAJI	
35	SHYAM P SEKHAR	<i>[Signature]</i>
36	SIDHARTH R	<i>[Signature]</i>
37	SIVIS S CASTRO	<i>[Signature]</i>
38	SRAVAN S WARRIER	

39. SYAM KRISHNA A *[Signature]*
 40. VARUN GIRISH *[Signature]*
 41. VISWESH G *[Signature]*



Attendance of Yoga & Meditation Programme
15th August 2021 – Batch 4

SL NO:	NAME	Fore Noon
1	ABHIRAMI A B	Abhirami
2	ABIJA SHAJAN P	Abi
3	ADITHYAN B C	
4	ADITHYARESHMI	Adithya
5	AFRINA FARHEEN PULIPRA	Afrina
6	AGNA CATHERIEN	Agna
7	AKSHARA ANIL P	Akshara
8	AKSHAYA SURESH	Akshaya
9	ALBIN K SHERY	Albin
10	ANITTA P G	Anitta P.G.
11	ANJALI MOHAN	Anjali
12	ANJUM SHANAVAS	Anjums
13	ANUGRAHA S PRASAD	
14	ARSHA P RAJ	
15	ARYA A L	Arya A.L
16	ASHINA BABU	Ashina Babu
17	ASWIN H J	Aswin
18	DHANUSH D	Dhanush D
19	ELIZABATH ATHULYA	Elizabeth
20	FAHMIDHA	Fahmidha
21	FARHANA NOUSHAD	Farhana
22	FARZANA FAISAL GAFFOOR	Farzana
23	GAUTHAM KRISHNA	Gautham
24	GAYATHRI BALAGOPAL	Gayathri
25	GAYATHRI S NAIR	Gayathri
26	GAYATHRI V	Gayathri
27	GAYATHRIDAS P S	
28	GOPIKA K S	Gojika
29	GOPIKA SINDHU GOPAKUMAR	Gojika
30	GOURI KRISHNA M.R	Gouri
31	GOWRI R	Gowri



Attendance of Yoga & Meditation Programme
15th August 2021 – Batch 4

SL NO	NAME	Fore Noon
32	GOWRI P H	Gowri
33	GOWRI R U	Gowri
34	HAJARA S	Hajara
35	HARIKRISHNAN U	Hari
36	HARIPRIYA S	Hari
37	HRIDYA S	Hridya
38	J P DEVA NARAYAN	J P Deva
39	KARTHIK VINOD	Karthik
40	KOKILA S	Kokila
41	KRISHNA SUNIL	Krishna
42	MALAVIKA D	Malavika
43	MEGHA V	Megha
44	NAIMA ABDUL NAZAR	Naima
45	NANDANA S PRAKASH	Nandana
46	NANDANA SAJJU PILLAI	Nandana
47	NAYAN B S	Nayan
48	NEHA T S	Neha
49	NIVEDA A	Niveda
50	PARVATHI GOPINATH	Parvathi
51	POOJA P	Pooja
52	RAIZA FAISEL	Raiza
53	ROHITH KRISHNA	Rohith
54	SAFIYA SANU	Safiya
55	SANDRA R NATH	Sandra
56	SAYOOJ DARSAN S P	Sayooj
57	SHIVANI ANIL	Shivani
58	SNIGDHA P	Snigdha
59	SONA MATHEW	Sona
60	SOURAV ARUN	Sourav
61	SREELEKSHMI S I	Sreelekshmi
62	SREENANDA K S	Sreenanda
63	TEENU JOHNSON	Teenu

64. ARYA A J
65 Keerthi G.s

