

SREE CHITRA THIRUNAL COLLEGE OF ENGINEERING



YOGA & MEDITATION AWARENESS PROGRAMME 2022

VENUE : Drawing Hall, Workshop

Date: 13th & 14th August 2022

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

Date: August 13th and 14th, 2022

Venue: Sree Chitra Thirunal College of Engineering

Overview: The Yoga and Meditation Programme conducted by Heartfulness at Sree Chitra Thirunal College of Engineering aimed to introduce students to the practices of yoga and meditation for holistic well-being and stress management. The program spanned two days, providing participants with an immersive experience into these ancient practices.

Activities:

1. **Yoga Sessions:** Certified yoga instructors led students through various yoga asanas (postures) to enhance flexibility, strength, and balance. The sessions focused on correct alignment and breathing techniques to promote physical and mental wellness.
2. **Meditation Workshops:** Experienced meditation practitioners from Heartfulness guided students through mindfulness and relaxation techniques. Participants learned to cultivate inner peace, improve focus, and manage stress through regular meditation practice.
3. **Interactive Sessions:** Students engaged in interactive discussions about the benefits of yoga and meditation in everyday life. They learned about the scientific research supporting these practices and explored ways to integrate them into their busy schedules.
4. **Feedback and Reflection:** At the end of each day, participants were encouraged to share their feedback and experiences. This provided valuable insights into the effectiveness of the program and helped organizers tailor future sessions to better meet the needs of the participants.

Student Feedback: The feedback from students was overwhelmingly positive, highlighting the following key points:

1. **Increased Awareness:** Many students expressed a heightened sense of self-awareness and mindfulness after participating in the program. They felt more connected to their bodies and emotions, enabling them to navigate stressful situations with greater ease.
2. **Stress Reduction:** Participants reported a significant reduction in stress levels and an improved ability to manage academic pressure. The relaxation techniques taught during the meditation workshops were particularly beneficial in promoting a sense of calm and tranquility.
3. **Improved Concentration:** Several students noted an improvement in their ability to concentrate and focus on tasks after practicing yoga and meditation. They found that these practices enhanced their cognitive function and mental clarity, leading to better academic performance.
4. **Overall Well-being:** Overall, students felt a profound sense of well-being and inner peace after attending the program. They expressed gratitude for the opportunity to learn and grow through the transformative power of yoga and meditation.

In conclusion, the Yoga and Meditation Programme by Heartfulness at Sree Chitra Thirunal College of Engineering was a resounding success, providing students with valuable tools for personal development and stress management. The positive feedback received underscores the importance of incorporating such holistic practices into educational curriculums to promote the overall well-being of students.

Attendance of Yoga & Meditation Programme

13th August 2022 – Batch 1

Sl No	Name	Morning
1	AASIYA YASIR	<i>Aasiya Yasir</i>
2	ABHILASH S	<i>Abhilash S</i>
3	ABHIMANYU B	
4	ABHIMANYU PRADEEP	<i>Abhis</i>
5	ABHINAND M M	
6	ABINEET THAMPI	<i>Abineet</i>
7	ADARSH U	<i>Adarsh U</i>
8	ADITHYA S	<i>Adithya S</i>
9	ADITHYA PRAKASH	<i>Adithya</i>
10	ADVAITH ARVIND	<i>Advaith</i>
11	ADWAID A PRAJAPATHY	<i>Adwaid</i>
12	AFTHAB HUSSAIN	<i>Aftab</i>
13	ANANTHA SIVAM	<i>Anantha Sivam</i>
14	ANANTHAKRISHNAN V L	<i>Anantha</i>
15	ANJANA SATHISH	
16	ANJUM SHOUKKATH	<i>Anjum</i>
17	ARDRA A H	<i>Ardra</i>
18	ARJUN G RAVI	<i>Arjun</i>
19	ASWIN B S	<i>Aswin</i>
20	BENYAMIN ALEXANDER JOSEPH	<i>Benjamin</i>
21	CERIN CELINA SELASTIN	
22	DEVANAND A	<i>Devanand</i>
23	DIYA SUSAN JACOB	<i>Diya</i>
24	FATHIMA HASNA MAHSHOOK RAHMAN	<i>Fathima</i>
25	G VENKATESWAR	
26	GOVIND S SARATH	<i>Govind</i>



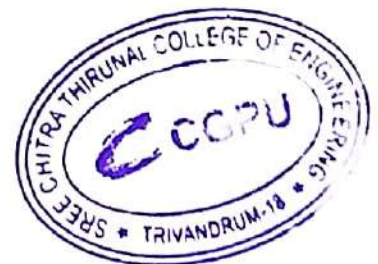
Attendance of Yoga & Meditation Programme
13th August 2022 – Batch 1

Sl No	Name	Morning
27	HARIPRIYA P	
28	HARITH HUSSAIN	<i>[Signature]</i> 23/08/22 (PC)
29	HARREL JACOB ALEX	
30	JEEVA JOJI CHANGETHU	<i>[Signature]</i>
31	JEROM A J	
32	KARTHIK RAM S	<i>[Signature]</i>
33	MADHAV CHANDRASEKHARAN	<i>[Signature]</i>
34	MAHITH RAVEENDRAN	<i>[Signature]</i>
35	MALAVIKA MADHU	<i>[Signature]</i>
36	MALAVIKA MADHU	<i>[Signature]</i>
37	MINHAD S	<i>[Signature]</i>
38	MOHAMMED F A	<i>[Signature]</i>
39	NANDANA NAIR S	<i>[Signature]</i>
40	NANDINI A	Nandini
41	NARENDRAN S P	
42	NAZIM ANWAR	<i>[Signature]</i>
43	NEVIN A S	<i>[Signature]</i>
44	P V ADWAITH	<i>[Signature]</i>
45	PRANAV P	<i>[Signature]</i>
46	RAHUL B S	<i>[Signature]</i>
47	RISWI R	
48	ROHIT FRANCIS	
49	ROSH CHERIAN	<i>[Signature]</i>
50	S BALANARAYANAN	<i>[Signature]</i>
51	SAURAV S SURESH	<i>[Signature]</i>
52	SIDDHARTH S	<i>[Signature]</i>
53	SOORAJ R	<i>[Signature]</i>
54	SREEJESH KUMAR CV	<i>[Signature]</i>
55	SREEPADMARAG PS	
56	STEVE PAUL	<i>[Signature]</i>



Attendance of Yoga & Meditation Programme
13th August 2022 – Batch 2

Roll No	Name	After Noon
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>



Attendance of Yoga & Meditation Programme
13th August 2022 – Batch 2

Roll No	Name	After NooM
528	ANJALI N	Handwritten mark
529	ANURANJ V DEV	Handwritten signature
530	ARAVIND R S	Handwritten signature
531	ARAVINDH S M	Handwritten signature
532	ARCHA S V	Handwritten signature
533	ARIUN A J	Handwritten signature
534	ARYA A N	Handwritten signature
535	BHARATH MOHAN	Handwritten signature
536	BRYAN STANLEY JONES	Handwritten signature
537	C ANAGHA MOHAN	Handwritten signature
538	D ARJUN	Handwritten signature
539	D VIGNESH	Handwritten signature
540	DEEPAK KRISHNAN	Handwritten signature
541	DEEPTHI S PANICKER	
542	DEVIKA M S	Handwritten signature
543	DEVIKA RAJEEV P	Handwritten signature
544	DHIYA BIJU	Handwritten signature
545	DHIYA MARY THOMAS	
546	EMIL CHERIAN	Handwritten signature
547	FAMIDA AFSAL M	Handwritten signature
548	FEBIN S	Handwritten signature
549	FIANOVA ROX MICHAEL	Handwritten signature
550	G KRISHNANJANA	Handwritten signature
551	GEETHU S SANTHOSH	
552	GOKUL P	Handwritten signature
553	GOURICHANDANA B S	
554	GOVIND S N	
555	GOWTHAM KRISHNA M	Handwritten signature
556	HARI KRISHNA K	
557	HARINANDANA S	Handwritten signature
558	HEERA B L	Handwritten signature

Arshaya Sajeev Arshaya



**Attendance of Yoga & Meditation Programme
13th August 2022– Batch 3**

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
13th August 2022- Batch 3

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

38 HARIKRISHNA S

RS
 23/11/2021
 Ravi Sanyal

Attendance of Yoga & Meditation Programme
13th August 2022- Batch 4

Roll No	Name	After Noon
601	HEMANDH J	<i>H.J.</i>
602	IRIN BINU	<i>I.B.</i>
603	JISHNU V	<i>Jishnu</i>
604	JOELL B	<i>Joell B.</i>
605	JOVIN SEBASTIAN	<i>Jovin S.</i>
606	KALIDAS S	<i>Kalidas</i>
607	M P FARDEEN	<i>M.P.</i>
608	MADHAV VINOD	<i>M.V.</i>
609	MIDHUN MOHAN M	<i>Midhun Mohan</i>
610	MITHUN SUMOD	
611	MOHAMED KAIF M I	<i>Mohd. Kaif</i>
612	MOHAMMED NAZEEB SHA S	<i>Mohammed Nazeeb</i>
613	MURALIKRISHNAN V A	<i>Murali</i>
614	NANDANA PROMOTH	<i>Nandana</i>
615	NANDANA K V	<i>Nandana</i>
616	NANDINI M	<i>Nandini M.</i>
617	NAZRIN SAIFUDEEN	
618	NEHA NAZREENA ANWER	<i>Neha</i>
619	NIKHIL S	<i>Nikhil</i>
620	NIKHIL SANJU	<i>Nikhil</i>
621	NIKHIL JONES	<i>Nikhil Jones</i>
622	NIKHITA SUJITH	<i>Nikhita</i>
623	NISANTH BINOD	
624	PANCHMI G S	<i>Panchmi G.S.</i>
625	PARVATHY L	<i>Parvathy</i>
626	PAUL ABRAHAM	<i>Paul</i>
627	PRANAV BABURAJAN	<i>Pranav</i>
628	PRANAY S NAMBIAR	<i>Pranav</i>



Attendance of Yoga & Meditation Programme
13th August 2022- Batch 4

Roll No	Name	After Noon
629	RAJARAM G	Rajaram G
630	RESA RAJU MATHEWS	Resa
631	RESHMA RAMESH	Reshma
632	REUBEN MATHEW	Reuben Mathew
633	RINSHA S	Rinsha S
634	RIYUSH REMJU	Riyush Remju
635	SALO E S	
636	SAMVED VIVEK	Samved Vivek
637	SIDHARTH N KRISHNA	Sidharth N Krishna
638	SONA G	Sona G
639	SREGIRIDHAR G S	Sregiridhar G S
640	SREELAKSHMI C	Sreelakshmi C
641	SUFAIL S	Sufail S
642	SUJIN SHANKAR S	Sujin Shankar S
643	SURYADEV S	Suryadev S
644	SUSAG S GOPI	Susag S Goپی
645	SYED IMRAN R	Syed Imran R
646	THERESA RAYNA BENNO	Rayna
647	UTHAM KUMAR U PAI	Utham Kumar U Pai
648	V UNNI KRISHNAN NAIR	V Unni Krishnan Nair
649	VAISHNAV V S	Vaishnav V S
650	VAISHNAV P	Vaishnav P
651	VENI B	Veni B
652	VENKATESH KRISHNAN	Venkatesh Krishnan
653	VIJAI MURALI	Vijai Murali
654	VIJAY SANKAR P N	Vijay Sankar P N
655	VINAYAK R	Vinayak R
656	VISHNU SANTHOSH	Vishnu Santhosh
657	VISHNUNATH P S	Vishnunath P S
658	YOHAAN S ABRAHAM	Yohan S Abraham

659 TINA SHELBIN

660 Genshi . H

Yohan S Abraham
 Vinthol
 Genshi . H



Attendance of Yoga & Meditation Programme

14th August 2022 – Batch 1

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 2022 – Batch 1

Sl.No	Name	Fore Noon
28	S.MUHAMMED FAHAD	<i>[Signature]</i>
29	SABARI NATH S V	<i>[Signature]</i>
30	SANDRA G DILEEP	<i>[Signature]</i>
31	SAVIO SHAJI	
32	SHYAM P SEKHAR	<i>[Signature]</i>
33	SIDHARTH R	<i>[Signature]</i>
34	SIVIS S CASTRO	<i>[Signature]</i>
35	SRAVAN S WARRIER	
36	SYAMKRISHNA A	<i>[Signature]</i>
37	VARUN GIRISH	<i>[Signature]</i>
38	VISWESH G	<i>[Signature]</i>

39 Ajay Kailas

[Signature]

40 AADIL I R

[Signature]

41 Adithya Anil D

[Signature]



Attendance of Yoga & Meditation Programme
14th August 2022 – Batch 2

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	
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
14th August 2022 – Batch 2

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	<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 Fayaz Ahammed.
 KA 1.1.1.1.1

[Signature]
 A. S. S. S.



Attendance of Yoga & Meditation Programme

14th August 2022 – Batch 3

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



Attendance of Yoga & Meditation Programme
14th August 2022 – Batch 3

SL NO:	NAME	After Noon
29	GOWRI R	<i>Gowri R</i>
30	GOWRI PH	<i>Gowri</i>
31	GOWRI R U	<i>Gowri R U</i>
32	HAJARA S	<i>Hajara S</i>
33	HARIKRISHNAN U	
34	HARIPRIYA S	
35	HRIDYA S	<i>Hridya S</i>
36	J P DEVA NARAYAN	<i>J P Deva Narayan</i>
37	KARTHIK VINOD	<i>Karthik</i>
38	KRISHNA SUNIL	
39	MALAVIKA D	<i>Malavika D</i>
40	MEGHA V	<i>Megha V</i>
41	NAIMA ABDUL NAZAR	<i>Naima Abdul Nazar</i>
42	NANDANA S PRAKASH	<i>Nandana S Prakash</i>
43	NANDANA SAJJU PILLAI	<i>Nandana</i>
44	NAYAN B S	<i>Nayan B S</i>
45	NEHA T S	<i>Neha T S</i>
46	NIVEDA A	<i>Niveda A</i>
47	PARVATHI GOPINATH	<i>Parvathi</i>
48	POOJA P	
49	RAIZA FAISEL	<i>Raiza Faisel</i>
50	ROHITH KRISHNA	<i>Rohith Krishna</i>
51	SAFIYA SANU	
52	SANDRA R NATH	<i>Sandra R Nath</i>
53	SAYOOJ DARSAN S P	<i>Sayooj Darsan S P</i>
54	SHIVANI ANIL	<i>Shivani Anil</i>
55	SNIGDHA P	<i>Snigdha P</i>
56	SONA MATHEW	
57	SOURAV ARUN	<i>Sourav Arun</i>
58	SREELEKSHMI S I	<i>Sreelekshmi S I</i>
59	SREENANDA K S	<i>Sreenanda K S</i>
60	TEENU JOHNSON	<i>Teenu Johnson</i>
61	Akshara Anil P	<i>Akshara</i>



Attendance of Yoga & Meditation Programme

14th August 2022 – Batch 4

Sl No	Name	Fore Noon
1	AASIYA YASIR	<i>Aasiya</i>
2	ABHILASH S	<i>Abhilash</i>
3	ABHIMANYU B	
4	ABHIMANYU PRADEEP	<i>Abhis</i>
5	ABHINAND M	<i>Abhinand</i>
6	ABINEET THAMPI	<i>Abineet</i>
7	ADARSH U	<i>Adarsh</i>
8	ADITHYA S	<i>Adithya</i>
9	ADITHYA PRAKASH	<i>Adithya</i>
10	ADVAITH ARVIND	<i>Advaith</i>
11	ADWAID A PRAJAPATHY	<i>Adwaith</i>
12	AFSAL T.S	<i>Afsal</i>
13	AFTHAB HUSSAIN	<i>Aftab</i>
14	ALISHAH P S	<i>Alishah</i>
15	AMRITA ANIL	<i>Amrita</i>
16	ANANTHA SIVAM	<i>Anantha</i>
17	ANANTHAKRISHNAN V L	<i>Ananth</i>
18	ANJANA SATHISH	
19	ANJUM SHOUKKATH	<i>Anjum</i>
20	ARDRA A H	<i>Ardra</i>
21	ARJUN G RAVI	<i>Arjun</i>
22	ASWIN B S	<i>Aswin</i>
23	BENYAMIN ALEXANDER JOSEPH	<i>Benjamin</i>
24	BHARAT S	<i>Bharat</i>
25	CERIN CELINA SELASTIN	
26	DEVANAND A	<i>Devanand</i>
27	DIYA SUSAN JACOB	<i>Diya</i>
28	FATHIMA HASNA MAHSHOOK RAHMAN	<i>Fathima</i>
29	G VENKATESWAR	
30	GOVIND S SARATH	<i>Govind</i>
31	GOVIND S N	<i>Govind</i>



Attendance of Yoga & Meditation Programme
14th August 2022 – Batch 4

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

64 Pranav Ak
 65 Abheeshak A

