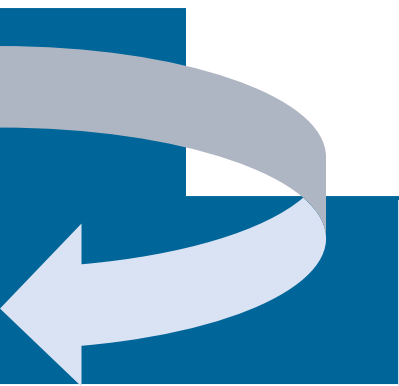




# INTERNATIONAL YOGA DAY CELEBRATION 2022

Organised by : Department of B.P.E, Christ College (Autonomous)  
Venue : College Auditorium  
Dates : 21<sup>st</sup> June, 2022  
Time : 8:30 pm  
No. of Participants : 300





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## Expected Outcomes


- i. Students become aware of the mental and physical impact of the practice of yoga
- ii. Students can practice some Yogas in their daily life

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## REPORT


The 8th edition of International Yoga Day Celebration was organized on 21st June 2022 in Christ College Auditorium at 8:30AM. The Celebration was organized by Department of BPE in collaboration with NSS and Thavanish. The program commenced with prayer by BPE final year students. Dr. Soni John T. HOD of BPE delivered the welcome speech. The presidential address was presented by Fr. Dr. Jolly Andrews, Principal, Christ College. The Inaugural address was given by the Chief Guest of the program Dr. Revathy, BAMS, CYT. The felicitation speech was delivered by Ms. Merin George, Treasurer, Thavanish which was followed by Yoga demonstration by Ms. Gayathri, National Medalist in Yoga. Mementoes were awarded to Ms. Gayathri and Dr. Revathy as a token of appreciation and gratitude. The Students of BPE arranged a common Yoga session for all participants in the auditorium. After the session, they displayed a special performance of Yoga Dance in the stage. Vote of Thanks was delivered by Ms. Vidhukrishna, NSS Leader. A total of 300 students were present for the function.

## BROCHURE




**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA


# INTERNATIONAL YOGA DAY CELEBRATION 2022



Organised by Dept of BPE  
in collaboration with NSS and Thavanish



Time: 8:30 a.m.  
Date 21<sup>st</sup> June 2022  
Venue: College Auditorium




PROGRAM

Prayer :  
Welcome Speech : **Dr. Soni John T.**, HOD in charge, BPE Department  
Presidential Address : **Fr. Dr. Jolly Andrews CMI**, Principal  
Inaugural Speech : **Dr. Revathy, BAMS**, Chief Guest  
Felicitation : **Hadi Mohammad P A**, Joint secretary, Thavanish  
Yoga Demonstration : **Gayathri**, National Medalist in Yoga  
Honouring the Awardee :

**Common Yoga Session**

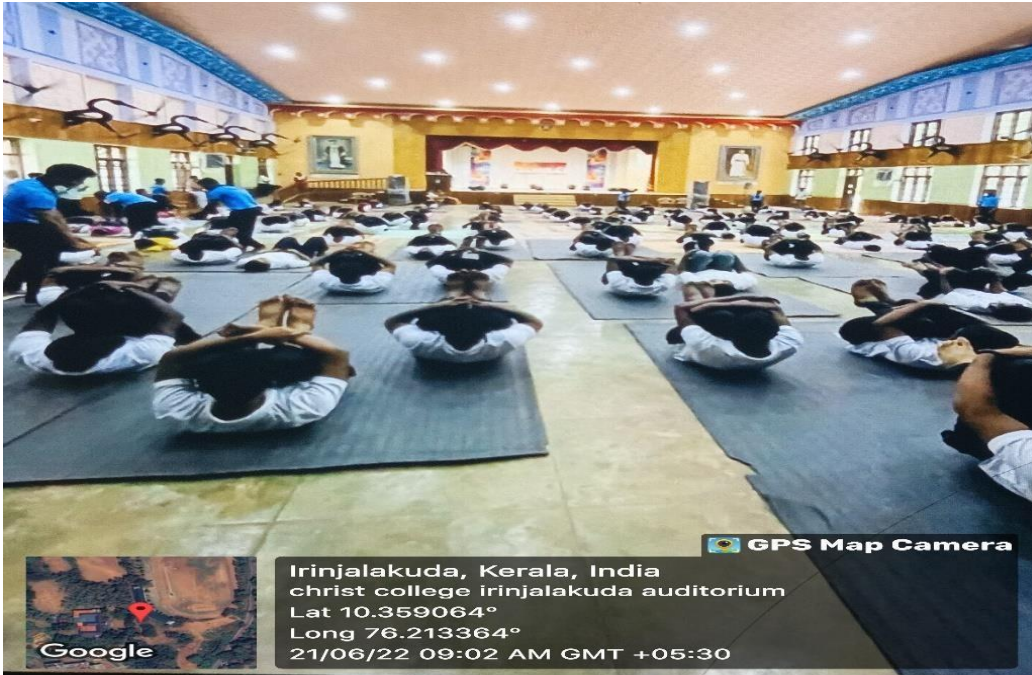
Yoga Dance : **BPE Students**  
Vote of Thanks : **Vidhukrishna K**, NSS Leader

*All are cordially invited*





# PHOTOS



# ATTENDANCE

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA, THRISSUR  
 DEPARTMENT OF B.P.E.  
 INTERNATIONAL YOGA DAY CELEBRATION 2022  
 21/06/2022  
ATTENDANCE SHEET

S.No.	Name	Class	Signature
1.	ARCHANA S J	III <sup>rd</sup> year	
2.	KEERTHI K	III <sup>rd</sup> year	
3.	AVANI VS ARCHAN	IV <sup>th</sup> year	
4.	NILEENA RAJESH	IV <sup>th</sup> year	
5.	Arun. B.A	III <sup>rd</sup> year	
6.	Mohammed Shemio	III <sup>rd</sup> year	
7.	Arnold Joe	III <sup>rd</sup> year	
8.	Sabarinath vs	III <sup>rd</sup> year	
9.	Laby John	III <sup>rd</sup> year	
10.	ANAND HIRAN	III <sup>rd</sup> year	
11.	Jihin Kumar. A	III <sup>rd</sup> year	
12.	Adithyan George	III <sup>rd</sup> year	
13.	Thomson Thomas	III <sup>rd</sup> year	
14.	Samson Thomas	III <sup>rd</sup> year	
15.	Nandhu Krishnan. M.D	III <sup>rd</sup> year	
16.	Adithyan vs N.S	III <sup>rd</sup> year	
17.	Emmanuel	IV <sup>th</sup> year	
18.	STEPHAN	IV <sup>th</sup> year	
19.	ALFRED	IV <sup>th</sup> year	
20.	Sandipmesh. V.S	IV <sup>th</sup> year	
21.	Insaf P A	III <sup>rd</sup> year	
22.	Mohammed Fathim kem	III <sup>rd</sup> year	
23.	Vishnuvdev K.S	III <sup>rd</sup> year	
24.	Tomson Sabu	III <sup>rd</sup> year	
25.	Anagha George	III <sup>rd</sup> year	
26.	Muhammed Anes. K	III <sup>rd</sup> year	
27.	Salman Fariz	III <sup>rd</sup> year	
28.	Arun Rajah	III <sup>rd</sup> year	
29.	Budhita Peter	III <sup>rd</sup> year	
30.	Sridharsh	III <sup>rd</sup> year	
31.	Aneetha Toy	III <sup>rd</sup> year	
32.	Jeeson C.B	III <sup>rd</sup> year	
33.	Aiswarya Antony	III <sup>rd</sup> year	
34.	MOHAMMED NESEEM	III <sup>rd</sup> year	
35.	Amad Santhosh	III <sup>rd</sup> year	
36.	Anagha George	III <sup>rd</sup> year	
37.	ATHIRA V	IV <sup>th</sup> year	
38.	Sreelakshmi. G	IV <sup>th</sup> year	
39.	Bincy R.	IV <sup>th</sup> year	

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA, THRISSUR  
 DEPARTMENT OF B.P.E.  
 INTERNATIONAL YOGA DAY CELEBRATION 2022  
 21/06/2022  
ATTENDANCE SHEET

S.No.	Name	Class	Signature
40.	Avani Ys Achai	IV <sup>th</sup> year	
41.	Jishab. Jayan	IV <sup>th</sup> year	
42.	Sweetha. D	IV <sup>th</sup> year	
43.	Abin jolly	IV <sup>th</sup> year	
44.	Adithyan Krishnan K.C.S	IV <sup>th</sup> year	
45.	Arjun s anand	IV <sup>th</sup> year	
46.	Roshna Reghu	IV <sup>th</sup> year	
47.	Jestin A J	IV <sup>th</sup> year	
48.	PANICKATHI KK	IV <sup>th</sup> year	
49.	Arjun s	IV <sup>th</sup> year	
50.	Sreeram kp	IV <sup>th</sup> year	
51.	JOHN CYRIL JOSEPH	IV <sup>th</sup> year	
52.	James Paul Jose	IV <sup>th</sup> year	
53.	Nikhil K.S	IV <sup>th</sup> year	
54.	Akshay D N	IV <sup>th</sup> year	
55.	Stephin James	IV <sup>th</sup> year	
56.	Nirmal K.S	IV <sup>th</sup> year	
57.	Pranvera Kasnik	IV <sup>th</sup> year	
58.	ANUNANDHNA V.M	IV <sup>th</sup> year	
59.	Sheja Jayaprakash	IV <sup>th</sup> year	
60.	Jean Ann	IV <sup>th</sup> year	
61.	Athira V.J	IV <sup>th</sup> year	
62.	Abhiranath	IV <sup>th</sup> year	
63.	Justin Jay	IV <sup>th</sup> year	
64.	Aakash Vinod	IV <sup>th</sup> year	
65.	Abin Saju	IV <sup>th</sup> year	
66.	Muhammed sahal PTP	IV <sup>th</sup> year	
67.	Jain Jacob	IV <sup>th</sup> year	
68.	Tomson Reba	IV <sup>th</sup> year	
69.	Akhil chandran	IV <sup>th</sup> year	
70.	Akshay C Anto	IV <sup>th</sup> year	
71.	Cristin Jose	IV <sup>th</sup> year	
72.	Shamini jacob	IV <sup>th</sup> year	
73.	Varunakrishna V.K	IV <sup>th</sup> year	
74.	MD Anas	IV <sup>th</sup> year	
75.	Amal Mohan M	IV <sup>th</sup> year	
76.	Dilvi. P	IV <sup>th</sup> year	
77.	Adithyan Ramasb	IV <sup>th</sup> year	
78.	Aneetha C.S	IV <sup>th</sup> year	

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA, THRISSUR  
 DEPARTMENT OF B.P.E.  
 INTERNATIONAL YOGA DAY CELEBRATION 2022  
 21/06/2022  
 ATTENDANCE SHEET

S.No.	Name	Class	Signature
79	Karthika P.S	First year	
80	MANUKRISHNAN.R	First year	
81	Abi.K	"	
82	Bhitha datony	First year	
83	Ashik sunil.S	First year	
84	Christosin C.P	First year	
85	Abhinand.C.V	First year	
86	nandhu gopal	First year	
87	Jithin Janardhanan	First year	
88	Indrajith.PD	"	
89	Flayidath Amal	First Year	
90	Deebals.S	First year	
91	Sreeram.M	First year	
92	Mohammad sinan Hussain	First year	
93	Abhinav.T.S	First year	
94	Noel K. Leonce	First year	
95	Ricky Benny	First year	
96	Ayush J	First year	
97	J Minu	First year	
98	Antony Joshy	First year	
99	Jehin Dominic	First year	
100	Annuola Biju	First year	
101	Rajesh	First year	
102	Rahul.B.Nar	First year	
103	Niba Francis	First year	
104	Shean Jacob	First year	
105	Ananda	First year	
106	Devan P.S	First year	
107	Sreedevi.C	First year.	
108	Fadhan - P.A	First year	
109	Muzia Sujon	First year	
110	Nibir	First year	
111	Medwin Varghese	First year	

NSSUNITS 20 & 49, Christ College, (Autonomous) Irijalakuda  
PROGRAMME NAME- YOGA DAY CELEBRATION

NO.OF PARTICIPANTS:60

DATE : 21/06/2022

Sl. No.	Name of the Voluntee	Male/Fem	Subject	Admission	SIGN
1	ATHUL KRISHINA C P	Male	Finance	27912	<i>[Signature]</i>
2	POORNIMA P P	Female	Zoology	11342	<i>[Signature]</i>
3	SURYADATH T.B	Male	Futional English	11219	<i>[Signature]</i>
4	NILA BAIJU	Female	Finance	11062	<i>[Signature]</i>
5	HELAN ROSEMARIYA JO	Female	Geology	11443	<i>[Signature]</i>
6	HRIDHYA M M	Female	Mathematics	11299	<i>[Signature]</i>
7	ALBIN VARGESE	Male	Finance	11022	<i>[Signature]</i>
8	BHAGYALAKSHMI P V	Female	Mathematics	11290	<i>[Signature]</i>
9	MEENAKSHY MANOJ	Female	Economics	11154	<i>[Signature]</i>
10	ANANDHAKRISHNAN T N	Male	Finance	11028	<i>[Signature]</i>
11	HANNA DAVIS	Female	Finance	11048	<i>[Signature]</i>
12	SAINA M SHAJI	Female	Zoology		<i>[Signature]</i>
13	ALEEHA MIRZA V M	Female	Geology	11359	<i>[Signature]</i>
14	MANASI MADHUMOHAN	Female	Finance	11058	<i>[Signature]</i>
15	ANEKHA N K	Female	Economics	11119	<i>[Signature]</i>
16	ADWAITHA.E.K	Female	Physics	11386	<i>[Signature]</i>
17	BHAMA A.M	Female	Mathematics	11291	<i>[Signature]</i>
18	AMRITHA HARI	Female	Finance	11025	<i>[Signature]</i>
19	SABARINADH N S	Male	Chemistry	11269	<i>[Signature]</i>
20	SAYANTH N NARAYANAN	Male	Functional English	11217	<i>[Signature]</i>
21	RINTA MARIA P V	Female	Economics		<i>[Signature]</i>
22	AMEESHA P S	Female	Economics	11117	<i>[Signature]</i>
23	MV LAKSHMANAN	Male	Finance	27972	<i>[Signature]</i>
24	ANTONY P.V.	Male	BBA	28488	<i>[Signature]</i>
25	BEVAN BENNY	Male	Finance	27916	<i>[Signature]</i>
26	DONNEL ALDIS	Male	Finance		<i>[Signature]</i>
27	MAANAS MOHANDAS	Male	Economics	28765	<i>[Signature]</i>
28	AFIMANUE SUNIL	Male	Geology	28971	<i>[Signature]</i>
29	LYDIA BENNY	Female	BCA	28501	<i>[Signature]</i>
30	ANUDEV M	Male	Malayalam	29083	<i>[Signature]</i>
31	TINTO SHAJU	Male	Physics	29034	<i>[Signature]</i>
32	MOHAMMED SAFUWAN PAL	Male	Psychology	28663	<i>[Signature]</i>
33	K.S SREYAS KRISHNA	Male	Finance	27963	<i>[Signature]</i>
34	DEVALAKSHMI N S	Female	English Literature	28815	<i>[Signature]</i>
35	JUSTIN JINSON	Male	Finance	27962	<i>[Signature]</i>
36	PRAYAG P P	Male	Psychology	28672	<i>[Signature]</i>
37	ANULAKSHMI M R	Female	Mathematics	28950	<i>[Signature]</i>
38	NAJIA MUJEEB RAHAMAN	Female	English Literature	28831	<i>[Signature]</i>
39	AMAL JOY	Male	BBA	28180	<i>[Signature]</i>
40	SANIYA AUGUSTINE	Female	Finance	11065	<i>[Signature]</i>
41	ANAGHA T.P	Female	Physics	11390	<i>[Signature]</i>

42	SANIYA M S	Female	Computer Science	28457
43	ARYA ASHOKAN	Female	Psychology	28627
44	HAFSA PARVEEN.A	Female	Geology	28984
45	DEVALAKSHMI K S	Female	Finance	11041
46	SREEBALA M S	Female	Geology	11381
47	VARADA.K.DAS	Female	Zoology	11354
48	HAFSEENA E M	Female	Functional English	11200
49	PRANAV NANDHAN	Male	BBA	28224
50	MEGNA LIJISH	Female	BSW	28888
51	VIJAY M S	Male	Geology	11595
52	ALEENA MICHAEL	Female	Finance	27872
53	ARYA T R	Female	Professional	28055
54	EMAL MATHEW	Male	Professional	28072
55	ANAMIKA.E.R	Female	Psychology	28614
56	KARTHIK E U	Male	Computer Science	28442
57	SABARINADH C R	Male	Finance	28004
58	VISMAYA.N.V	Female	Functional English	11222
59	ROMIN MATHEW	Male	Functional English	11214
60	PARVATHY VINOD	Female	English and Literatu	28832

*Scans*  
*Devi*  
*Devi*  
*Daha*  
*Vaid*  
*Vaid*  
*Katseet*  
*nigant*  
*Katseet*  
*daha*  
*Aleem*  
*Katseet*  
*Am*  
*Pranav*  
*Katseet*  
*Sabaru*  
*Katseet*  
*Romin*  
*Devi*