



INTERNATIONAL YOGA DAY CELEBRATION 2022

Organised by : NCC, Christ College (Autonomous)
Venue : In front of NCC Office
Dates : 21st June, 2022
Time : 8:30 pm
No. of Participants : 47





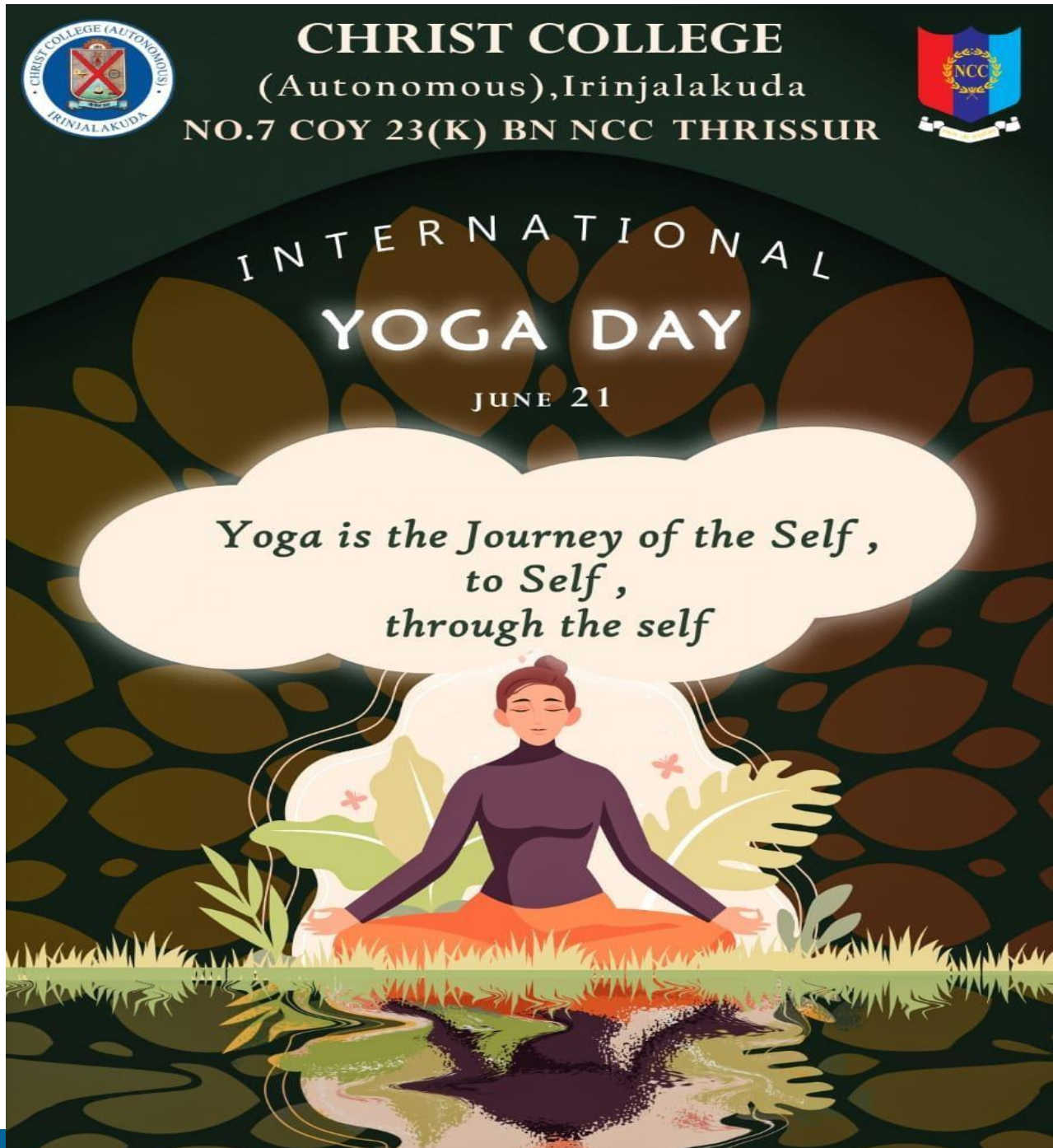
Expected Outcomes

- 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

REPORT

On 21st June 2022, International Yoga Day was commemorated by the NCC cadets of Christ College Irinjalakuda in front of the NCC office. The Programme began at 8:00 am sharp in Presence of ANO Lt Franco T. Francis. A Yoga day Poster was Created on behalf of the NCC cadets in order to spread awareness about the day. The Yoga Day Programme was successfully Coordinated under the supervision of Third Year NCC Cadets with a total strength of 47 Cadets. Yoga Asanas was performed by Cadets where CDT Cherie Joby demonstrated it for the Cadets. The programme was a great success and the Cadets of Christ College celebrated Yoga Day whole heartedly.

BROCHURE





CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA

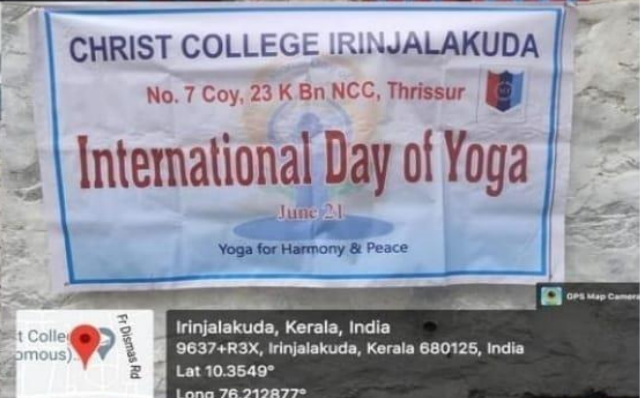
NO. 7 COY BN NCC THRISSUR



YOGA DAY 2022



Irinjalakuda, Kerala, India
9637+R3X, Irinjalakuda, Kerala 680125, India
Lat 10.354909°
Long 76.212883°
21/06/22 08:41 AM



Irinjalakuda, Kerala, India
9637+R3X, Irinjalakuda, Kerala 680125, India
Lat 10.3549°
Long 76.212877°



Irinjalakuda, Kerala, India
9637+R3X, Irinjalakuda, Kerala 680125, India
Lat 10.35491°
Long 76.212875°



Irinjalakuda, Kerala, India
9637+R3X, Irinjalakuda, Kerala 680125, India
Lat 10.354884°
Long 76.212857°
21/06/22 08:36 AM



ATTENDANCE

CHRIST COLLEGE(AUTONOMOUS)IRINJALAKUDA THRISSUR
NO. 7 COY 23(K) BN NCC THRISSUR

EVENT NAME : YOGA DAY 2022
EVENT DATE : 21-06-2022
NO OF STUDENTS PARTICIPATED :47
VENUE : CHRIST COLLEGE AUDITORIUM

Sl.No	Cadet Number	Name	Signature
1	KL20SDA160545	ABHIRAM K	<i>Abhiram</i>
2	KL20SDA160546	ADARSH MV	<i>Adarsh</i>
3	KL20SDA160547	AKSHAY K S	<i>Akshay</i>
4	KL20SDA160548	ALAN ABRAHAM	<i>Alan</i>
5	KL20SDA160549	ALEESH SABU	<i>Aleesh</i>
6	KL20SDA160550	ALFRED SHAJI	<i>Alfred</i>
7	KL20SDA160552	ALLEN DON S. THEKKAN	<i>Allen</i>
8	KL20SDA160553	AMAL MATHEW	<i>Amal</i>
9	KL20SDA160556	ANAND VARMA R	<i>Anand</i>
10	KL20SDA160557	ANTONY JOSE	<i>Antony</i>
11	KL20SDA160559	ARUN GEORGE	<i>Arun</i>
12	KL20SDA160560	ASHIK JOHNSON P	<i>Ashik</i>
13	KL20SDA160565	GOKUL RAJAN	<i>Gokul</i>
14	KL20SDA160568	JOSEPH ANTONY	<i>Joseph</i>
15	KL20SDA160572	LINUS, C. LIJU	<i>Linus</i>
16	KL20SDA160577	SANDESH K S	<i>Sandesh</i>
17	KL20SWA160582	AISWARYA NAIR	<i>Aiswarya</i>
18	KL20SWA160583	ANGEL JOE ALPHONSE	<i>Angel</i>
19	KL20SWA160585	ANN MARIA JAYSON	<i>Ann</i>
20	KL20SWA160587	ARCHANA P B	<i>Archana</i>
21	KL20SWA160604	PARVATHY N N	<i>Parvathy</i>
22	KL20SWA160606	SANDRA SAVIO	<i>Sandra</i>
23	KL20SWA160607	SIVARANJINI S	<i>Sivaranjini</i>
24	KL20SWA160610	THERESE MARIYA JOSE	<i>Theresa</i>
25	KL21SDA266481	ABHIMANYU P U	<i>Abhimanyu</i>
26	KL21SDA266483	ADWAITH C H	<i>Adwaith</i>
27	KL21SDA266484	ALEN JOSEPH	<i>Alen</i>
28	KL21SDA266485	ALEN KRISHNA T R	<i>Alen</i>
29	KL21SDA266487	ANANDHAKRISHNADAS K	<i>Anand</i>
30	KL21SDA266492	JINEX C S	<i>Jinex</i>
31	KL21SDA266493	MOHAMMED SIYAD B M	<i>Mohammed</i>
32	KL21SDA266494	NABEEL MUSTHAQUE T	<i>Nabeel</i>

33	KL21SDA266495	NEERAJ K G	<i>Neeraj</i>
34	KL21SDA266498	RASSIN RAFI E	<i>Rassin</i>
35	KL21SWA266506	AARONE SHAJI	<i>Aarone</i>
36	KL21SWA266508	ADHELIA JESSIL	<i>Adhelia</i>
37	KL21SWA266511	ARATHI C VENU	<i>Arathi</i>
38	KL21SWA266512	ASWATHI S D	<i>Aswathi</i>
39	KL21SWA266513	ASWATHY BALU	<i>Aswathy</i>
40	KL21SWA266514	BIYA KRISHNA E B	<i>Biya</i>
41	KL21SWA266515	CHANDANA JANARDHANAN	<i>Chandana</i>
42	KL21SWA266516	CHERIE JOBY ACHANDY	<i>Cherie</i>
43	KL21SWA266517	GAYATHRI T	<i>Gayathri</i>
44	KL21SWA266520	MOHANALAKSHMI	<i>Mohana</i>
45	KL21SWA266521	NANDHANA K B	<i>Nandhana</i>
46	KL21SWA266522	PUNNYA ASHOK	<i>Punya</i>
47	KL21SWA266524	SANDRA JOSE	<i>Sandra</i>

SIGNATURE OF ANO