



CHRIST COLLEGE

(Autonomous) Irinjalakuda
NO.7 COY 23[K] BN NCC THRISSUR



INTERNATIONAL YOGA DAY

The NCC unit of Christ College(Autonomous), Irinjalakuda observed International Yoga Day on 21st June, 2024 to raise awareness about benefits of practicing yoga.

Cadets took part in the mass yoga demonstration conducted together with Bachelor of Physical Education and Sports department under the direction of Dr. Anilkumar, head of the department. It included presentation of Yoga Natya followed by yoga demonstration of Asanas like vrikshasana, padahasthasana, bhujangasana were conducted in which 92 NCC cadets took part. Students from various other organisations like NSS and Thavanish also joined the mass yoga demonstration. The program was conducted under the guidance of ANO Lt. Dr. Franco T Francis and led by senior cadet CSUO Aklaj A Latheef. The vote of thanks was proposed by Dr. Abhaydev C.S. teaching faculty, department of BPES, specially thanking the ANO and all the cadets for their participation. There was a photo session towards the end. Refreshments were provided.

The program ensured to remind everyone, beyond the physical aspects of yoga, its aims to cultivate mindfulness, inner peace, and harmony within oneself and with the surrounding environment.



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



INTERNATIONAL
YOGA DAY


21ST JUNE

**"Yoga is the gateway to happiness that the
body needs in daily life"**

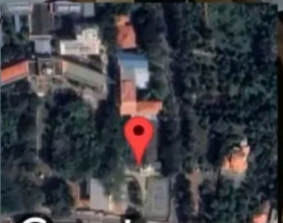



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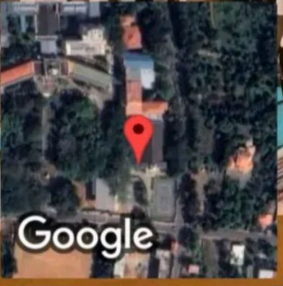
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9637+VPM, Irinjalakuda, Kerala 680125, India
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Long 76.214368°

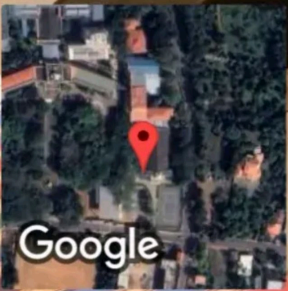


 **GPS Map Camera**

Irinjalakuda, Kerala, India
9637+VPM, Irinjalakuda, Kerala 680125, India
Lat 10.354717°
Long 76.214319°
21/06/24 07:54 AM GMT +05:30



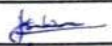
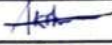

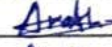



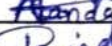
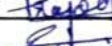









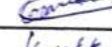
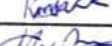
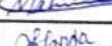





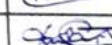
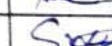
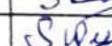


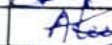



Google



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CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA
NO. 07 COY, 23 K BN NCC, THRISSUR
YOGA DAY

Sl.No.	Regimental/ CBSE Roll No	Rank	Name	Institution	Signature
3rd Years					
1	KL22SDA265881	CDT	JOTHISH K R	Christ College Irinjalakuda	
2	KL22SDA265882	CDT	AKSHAY P S	Christ College Irinjalakuda	
3	KL22SDA265886	CDT	ANANDAPADMANABAN P M	Christ College Irinjalakuda	
4	KL22SDA265887	CDT	ANANTHAKRISHNA KA	Christ College Irinjalakuda	
5	KL22SDA265888	CQMS	ANUKRISHNA P M	Christ College Irinjalakuda	
6	KL22SDA265891	SGT	JOYAL REGI	Christ College Irinjalakuda	
7	KL22SDA265892	CDT	LEON C LIJU	Christ College Irinjalakuda	
8	KL22SDA265893	CUO	NANDAKISHORE MENON	Christ College Irinjalakuda	
9	KL22SDA265895	CDT	PRAJOSH PAULY	Christ College Irinjalakuda	
10	KL22SDA265896	CDT	SABARI NADH P S	Christ College Irinjalakuda	
11	KL22SDA265897	SGT	SEBIN CHACKO	Christ College Irinjalakuda	
12	KL22SDA265900	CSM	ATHUL KRISHNA K S	Christ College Irinjalakuda	
13	KL22SDA265901	CDT	AMAL JAYADEV	Christ College Irinjalakuda	
14	KL22SDA265939	CSUO	AKLAJ A LATHEEF	Christ College Irinjalakuda	
15	KL22SWA265920	CDT	PAVITHRA A S	Christ College Irinjalakuda	
16	KL22SWA265902	CDT	AKSHARA P G	Christ College Irinjalakuda	
17	KL22SWA265905	CDT	ASHLYN EUGENE	Christ College Irinjalakuda	
18	KL22SWA265907	CDT	ARYA MANOJ	Christ College Irinjalakuda	
19	KL22SWA265908	CDT	CELINE CHACKO	Christ College Irinjalakuda	
20	KL22SWA265911	CDT	GAYATHRY KJ	Christ College Irinjalakuda	
21	KL22SWA265913	CDT	KAVYA K K	Christ College Irinjalakuda	
22	KL22SWA265914	CDT	MAHITHA M	Christ College Irinjalakuda	
23	KL22SWA265915	CUO	NANDA N	Christ College Irinjalakuda	
24	KL22SWA265917	CDT	NANDANA JAYADEVAN	Christ College Irinjalakuda	
25	KL22SWA265919	CDT	PARVATHY P R	Christ College Irinjalakuda	
26	KL22SWA265921	CDT	SABDA JYOTHEESH	Christ College Irinjalakuda	
27	KL22SWA265922	SGT	SAMIYA NAZNEEN	Christ College Irinjalakuda	
28	KL22SWA265923	CDT	SANIA A AUGUSTINE	Christ College Irinjalakuda	
29	KL22SWA265924	SGT	SENNA JOSE T	Christ College Irinjalakuda	
30	KL22SWA265925	CDT	SREELAKSHMI V S	Christ College Irinjalakuda	
31	KL22SWA265926	CDT	SWEETY K S	Christ College Irinjalakuda	
32	KL22SWA265931	CDT	ALEESHA MARIA CA	Christ College Irinjalakuda	
33	KL22SWA265934	CUO	ANJANA E J	Christ College Irinjalakuda	
34	KL22SWA265936	CDT	ALEEMAH K A	Christ College Irinjalakuda	
35	KL22SWA265937	CDT	AMITHA SUNIL	Christ College Irinjalakuda	

and Years

1	KL23SDA005826	CDT	ABHIJITH A	Christ College Irinjalakuda	Abhi
2	KL23SDA014596	CDT	KALESH K	Christ College Irinjalakuda	Kalesh
3	KL23SDA017164	CDT	M THEJUS	Christ College Irinjalakuda	Thejus
4	KL23SDA017168	CDT	JUNO	Christ College Irinjalakuda	Juno
5	KL23SDA017172	CDT	GANGAN NATH P B	Christ College Irinjalakuda	Gangan
6	KL23SDA017179	CDT	ADITH DINESHAN M	Christ College Irinjalakuda	Adith
7	KL23SDA017204	CDT	JOE PAUL C PRINTO	Christ College Irinjalakuda	Joe
8	KL23SDA017205	CDT	PARTHASARATHI U	Christ College Irinjalakuda	Parthasarathi
9	KL23SDA027650	CDT	ADITH DASAN	Christ College Irinjalakuda	Adith
10	KL23SDA027653	CDT	AMAL KRISHNA M S	Christ College Irinjalakuda	Amal
11	KL23SDA027654	CDT	ABDUL RAZIQUE C S	Christ College Irinjalakuda	Abdul
12	KL23SDA027676	CDT	SABARINATH JAYAN	Christ College Irinjalakuda	Sabar
13	KL23SDA027682	CDT	NANDU DINESH	Christ College Irinjalakuda	Nandu
14	KL23SDA027689	CDT	AMALKRISHNA M A	Christ College Irinjalakuda	Amal
15	KL23SDA027694	CDT	ANANDHU T S	Christ College Irinjalakuda	Anand
16	KL23SDA027696	CDT	ABHINANDH C S	Christ College Irinjalakuda	Abhinand
17	KL23SDA027701	CDT	ATHUL KRISHNA K S	Christ College Irinjalakuda	Athul
18	KL23SDA027706	CDT	ANANDHA KRISHNA KP	Christ College Irinjalakuda	Anandha
19	KL23SDA027707	CDT	SARANG S	Christ College Irinjalakuda	Sarang
20	KL23SWA017167	CDT	RHEA BAIJU	Christ College Irinjalakuda	Rhea
21	KL23SWA017206	CDT	VINEETHA J	Christ College Irinjalakuda	Vineetha
22	KL23SWA017207	CDT	ANN LIYA T P	Christ College Irinjalakuda	Ann
23	KL23SWA020006	CDT	GEORGY P S	Christ College Irinjalakuda	Georgy
24	KL23SWA020118	CDT	NIVEDHITHA M	Christ College Irinjalakuda	Nivedhitha
25	KL23SWA020142	CDT	MARIYA MARTIN	Christ College Irinjalakuda	Mariya
26	KL23SWA027647	CDT	ADITHYALAKSHMI K M	Christ College Irinjalakuda	Adithya
27	KL23SWA027651	CDT	ELIZABETH GRACE PAUL	Christ College Irinjalakuda	Elizabeth
28	KL23SWA027652	CDT	HITHA MARY EMMANUEL	Christ College Irinjalakuda	Hitha
29	KL23SWA027655	CDT	ANNAMOL T J	Christ College Irinjalakuda	Annamol
30	KL23SWA027656	CDT	JIYA JAISON A	Christ College Irinjalakuda	Jiya
31	KL23SWA027657	CDT	AMRITHA RADHAKRISHNAN P	Christ College Irinjalakuda	Amritha
32	KL23SWA027658	CDT	VISMAYA C S	Christ College Irinjalakuda	Vismaya
33	KL23SWA027659	CDT	AMRITHA M MURALI	Christ College Irinjalakuda	Amritha
34	KL23SWA027662	CDT	ASHALAKSHMI M A	Christ College Irinjalakuda	Ashala
35	KL23SWA027664	CDT	DEVAPRIYA K M	Christ College Irinjalakuda	Devapriya
36	KL23SWA027664	CDT	VYSHNAVI M K	Christ College Irinjalakuda	Vyshnavi
37	KL23SWA027665	CDT	ANN THERESE	Christ College Irinjalakuda	Ann
38	KL23SWA027666	CDT	ANSLET ANSON	Christ College Irinjalakuda	Anslet
39	KL23SWA027667	CDT	NIYA ROSE JIBI	Christ College Irinjalakuda	Niya
40	KL23SWA027668	CDT	JEWEL MARIYA T JOSE	Christ College Irinjalakuda	Jewel
41	KL23SWA027669	CDT	NIVEDHYA T G	Christ College Irinjalakuda	Nivedhya
42	KL23SWA027670	CDT	ATHMIKHA SHIJO	Christ College Irinjalakuda	Athmikha
43	KL23SWA027675	CDT	SANDRA K C	Christ College Irinjalakuda	Sandra
44	KL23SWA027677	CDT	JERIN JOHNSON	Christ College Irinjalakuda	Jerin
45	KL23SWA027686	CDT	SWATHIMOL P	Christ College Irinjalakuda	Swathimol
46	KL23SWA027691	CDT	ARCHANA BABU	Christ College Irinjalakuda	Archana
47	KL23SWA027693	CDT	PAVITHRA A S	Christ College Irinjalakuda	Pavithra
48	KL23SWA027698	CDT	MEGHA M R	Christ College Irinjalakuda	Megha

Sl. 3rd	49	KL23SWA027699	CDT	JOVITTA T K	Christ College Irinjalakuda	Jovitta
	50	KL23SWA027700	CDT	SREELAKSHMI M	Christ College Irinjalakuda	Sreelakshmi
	51	KL23SWA027703	CDT	IRIN SANTHOSH	Christ College Irinjalakuda	Irin
	52	KL23SWA027704	CDT	NANDITHA K N	Christ College Irinjalakuda	Nanditha
	53	KL23SWA027705	CDT	JYANNA MARY	Christ College Irinjalakuda	Jyanna
	54	KL23SWA027708	CDT	ANNA T J	Christ College Irinjalakuda	Anna
	55	KL23SWA027710	CDT	NIDA	Christ College Irinjalakuda	Nida
	56	KL23SWA027711	CDT	MARIYA BOBAN	Christ College Irinjalakuda	Mariya
	57	KL23SWA027712	CDT	ANGEL DAVIS	Christ College Irinjalakuda	Angel