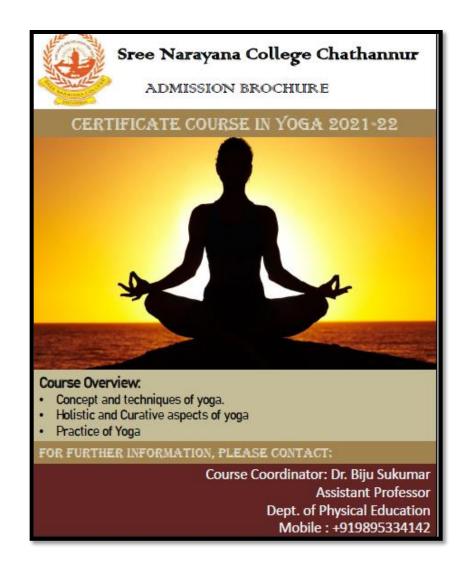
# 2021-2022

# **CERTIFICATE COURSE IN YOGA**

### **CERTIFICATE COURSE IN YOGA (2021-2022)**

Department of Physical Education well conducted its first **Certificate Course in Yoga** (30 hour practical oriented class) during the academic year 2021-2022. The duration of the course was one month and the course started with 160 first year student. Classes were handled by the Sri.Amjith.S, a qualified Yoga Practitioner and Assistant Professor, Sree Narayana college, Chempazanthy. First year UG&PG students were the beneficiaries, attended practical oriented classes on Saturday and Sunday on the month of March 2022 without disturbing there regular academic session. The course was Designed such a manner to reduce stress among students. Selected Asanas, Pranayama techniques were taught to students. On the final day Demonstration of taught skills and a Viva voce were conducted & course completion certificate were distributed..



| Learning Outcome     | Major Concepts         | Startegies&Approaches | Assessment          |
|----------------------|------------------------|-----------------------|---------------------|
| 1.To get Familiar    | Yoga-30 hours          | Theoretical           | .Practicing Yoga    |
| with the concept and | -Meaning,concept       | Presentation          | .Partner assessment |
| techniques of yoga.  | -Principles of yoga    |                       | .Individual         |
| 2.Holistic and       | -Elements of yoga.     | Demonstration         | assessment          |
| Curative aspects of  | -Holistic and curative |                       | .viva voce          |
| yoga                 | aspects of yoga.       |                       |                     |
| 3.Practice of Yoga   | -Surya namaskara       |                       |                     |
|                      | -Pranayama             |                       |                     |
|                      | -Asanas                |                       |                     |
|                      | . Tadasana             |                       |                     |
|                      | .kattichakarasana      |                       |                     |
|                      | .Vrikshasana           |                       |                     |
|                      | .Padmasana             |                       |                     |
|                      | .Vajrasana             |                       |                     |
|                      | .Yoga mudra            |                       |                     |
|                      | .Dhanurasana           |                       |                     |
|                      | .Bhujangasana          |                       |                     |
|                      | .Halasana              |                       |                     |
|                      | .Naukasana             |                       |                     |

#### SYALABUS OF CERTIFICATE COURSE IN YOGA



SRI. AMJITH.S handling classes



### STUDENTS PERFORMING VRIKSHASANA



## THEORY ORIENTATION



**Ground Practice session** 

|                         | gister of Attendance a               |              | TITIT   | П   |                         | ППП              | TT             | TITT               | 10 10 11                                 |               |                  | 1        | 1                                | -        | 1 81                                    | _      |
|-------------------------|--------------------------------------|--------------|---|-----|-------------------------|------------------|----------------|--------------------|--|---------------|------------------|----------|----------------------------------|----------|---|--------|
| mission<br>No.<br>S.No. | NAME                                 | Days<br>Eng: | U I   | -   | 10 11 12 13 14 15 16 17 | 18 19 20 21 22 2 | 3 24 25        | 1 1 26 27 28 20 20 | of day<br>resent                         | fice for      | Intion Fee       | Special  |                                  | ato of   | Phyment<br>Initials of<br>fact Possible | 1      |
| PY                      | 0                                    | Date         | 1 2 3 4 5 6 7<br><b>X</b> X                     | 8 7 | × ×                     | XX               | 2              | X X                | N ON | R. T          | Re Pa Re         | PA HE PA | Re part 1                        | a pot    | 2                                       | -      |
| 1                       | ABHIRAMI. B.4                        |              | XX  | -   | XX                      | XX               |                | XX                 |  | +++           |                  | +++      | 1                                | 1        | 11                                      | -      |
| 2                       | AKHILAS                              |              | XA  | +   | * *                     | P X              | 1              | ××                 |  |               | ++-              | +++      |                                  |          | 1                                       | +      |
| 3                       | ANAKHA. R                            | 1            | XA  | T   | A x -                   | K X              | 0              | XX                 |  |               |                  | 11       | TIT                              | 1000     | T                                       | T      |
| 5                       | ANJANA SUNIL                         |              | XX  |     | ××                      | XX               | X              | XX                 |  |               |                  | R. L.    | 1                                | ang-h    | 11                                      |        |
| 6                       | APARNA . Y. SAJI                     |              | XX  |     | XX                      | XX               | 1              | X×                 | -  |               |                  |          |                                  | 142      | 111                                     | -      |
|                         | BIBIN.P                              |              | XX  |     | * *                     | XX               |                | XX                 | 9  |               |                  |          | 14                               | -        | +++                                     |        |
| 7                       | BIDIN. B                             |              | R X   |     | xx                      | XX               | 200            | XXX                | 24                                       |               | 11               |          | 1444                             | 1        | +++                                     | -      |
| 9                       | GANGA. B. RAJ                        | -            | XX  |     | ××                      | 2×               | 10             | XX                 |  |               | 11               | 11       | +++                              | 1        | 11                                      |        |
| 10                      | CATATHRI.M                           |              | XX  |     | ××                      | XX               | 8 2            | XX                 |  |               | 1                | 13200    | 11                               |          | 11                                      | ++     |
|                         | JEEVAN . P. NATH                     | 1.86         | XX  |     | ××                      | XX               | 10             | XX                 |  |               | +++              | 14       |                                  | 1        | . 11                                    | 11     |
|                         | MEENAKSHI S BIJY                     | 6            | XX  |     | K X                     | ××               | 2. 9           | XX                 | 1  |               | +++              | +++      | 11                               | 11       | 11                                      | 11     |
|                         | JI KIHIL MAD HUSOODHWAN              | 1.20         | ××  |     | XX                      | XX               | 12 3           | **                 |  |               | $\left  \right $ |          | 11                               | 11       | 11                                      | 11     |
|                         | MISHA. A.S                           |              | XX  |     | ××                      | XX               | 33             | XK                 |  |               | ++-              | 11       | 11                               | 11       | 1                                       | 100    |
|                         | PRAJANA DEVI.P.L                     |              | XX  |     | ××                      | XX               | 1              | XK                 | 11                                       | ++-           | ++               | +++      | 11                               | - 1      | 301                                     | R      |
|                         | S. SONY                              | 12.3         | XX  |     | XA                      | XX               | 100            | XK                 | 200                                      | ++            | ++-              | +++      | 11                               |          | 121                                     | T      |
|                         | SAJIN S.KUMAR                        |              | XX  |     | ××                      | ××               | 23             | A A                |  |               | ++               | +++      |                                  |          | 100                                     |        |
|                         | SHILPA. D.M.                         |              | ××  |     | * *                     | XX               | 2              | XK                 | 100 100                                  | ++            | ++               | 1        |                                  | 300      | Active or                               |        |
| 10000000 mmon           | SIDHARTH.S                           |              | XX  |     | ××                      | XX               | 23             | XK                 | 124                                      |               | -++              | ++-      | 111                              |          | a mad                                   | 11     |
|                         |                                      |              | * *   |     | ××                      | XX               | 13/3           | XK                 |  | -++           | -++              | 1        | 111                              | (LI)     | 1 30                                    | TI     |
|                         | SONA.S                               |              | ××  |     | xx                      | XX               | 12 19          | 1 1                | 111                                      |               |                  |          | +                                | 1.00     | Ent la                                  | 1      |
|                         | REE LEISHMI. P.S                     |              | XX  |     | * *                     | XX               | 14 2           | KK                 |  |               |                  |          | 11-                              | 11       | 1100                                    |        |
| 22 5                    | REE LEKSHMI.S                        | - 991        | XA  | +   | XX                      | RX               | 32             | XX                 |  |               |                  | +++      | 1                                | 11       | 11                                      | T      |
| 23 5                    | UHRUDHA SINGH                        | 10           | XX  |     | K X                     | K X              | 0              | XX                 | 2  |               | ++               | +++      |                                  | 1        | 11                                      | h      |
| 24 >                    | JAISHNAN. B.S.                       | 1            |   | ++  | x x                     | AX               | X              | XX                 |  |               | ++               | +++      | -++                              | 11       | 11                                      | - I    |
| 25 ~                    | AISHNAN. A.K.                        |              | × X   | -   | × ×                     | XX               | 1              | XX                 | 1 7 2                                    | ++            | ++               | ++       |                                  | -11      | IT                                      | -11    |
| 26 V                    | IJITHA KISHANNS                      | - Car        | xx  |     | **                      | XX               | -              | XX                 | 100                                      |               | -                |          | +++                              |          | 1                                       |        |
|                         | CHUJ                                 | 1            | ××  |     |                         | XX               |                | X                  | 1 2 1                                    |               |                  |          | 100                              | 2        | H                                       |        |
| 28 A                    | KASHANIL                             | 1.4          | ××  |     | AN                      | x                | ++             | X                  | X  |               |                  |          |                                  | 1-1-     | +++                                     | CARTER |
|                         | KHILA-T                              | and a        | XX  |     | X-A                     |                  |                |                    |  |               |                  |          |                                  |          |   |        |
| 29 A                    | TN                                   | -            |   |     |                         | -                |                |                    |  | $H \parallel$ | 1                |          |                                  |          |   |        |
|                         | No. PRESENT DAILI                    |              |   |     |                         |                  |                |                    |  |               | -                | Be       | lance o                          | f curren | nt fees d                               | lue    |
|                         | PERCENTAGE                           | -            | e No. on roll dur                               | in  | be month                | Ci               | arrent         | fees collect       | ed                                       |               |                  |          | alance o<br>alance o<br>alance o |          |   |        |
| Il at the l             | egining of the month<br>og the month | Averag       | e No. on roll dur<br>e Attendance<br>chool Days | X   |                         | A)<br>Fi         | rrear 1<br>ine |                    | 1  |               |                  | D        |                                  |          |   | tal    |

| -                    | neg   | gister of Attendance   | and F                | ees for the        | , mio   |                          |                             | TIDLE            | \$ 2022   | St         | andard           | ۱          |  |           |
|----------------------|---|--|----------------------|--------------------|---------|--------------------------|-----------------------------|------------------|---|------------|------------------|------------|--|-----------|
| Admission            | No.<br>8.No.  | NAME   | Days<br>Eng:<br>Date | 1 2 3 4 5 6 7 8    | 9 10 11 | 1 /<br>12 13 14 15 16 17 | 18 19 20 21 22 23 24<br>× × | 25 26 27 28 29 3 | 0<br>12<br>12<br>12<br>12<br>12<br>12<br>12<br>12<br>12<br>12<br>12<br>12<br>12 | Tution Fee | e Fres Fi        | 10111      | Posto of<br>Physicals of<br>Institute of | Beente    |
|                      | 30  | ALARIF   |                      | x x                | 5       | ××                       |                             |                  | - 10  | Ba Pa Ba   | Pa Ra Pa Ha      | 11.00      | 1110                                     | t         |
|                      | 31  | AMINA.S  |                      | **                 |         | ××                       | XA                          | XX               | 2   |            |                  | ( ALCE     | 111                                      | 1         |
|                      | 32  | ARATHY.S   |                      | ×× ·               |         | * <                      | XX                          | XX               | -   |            |                  | 3 per      | 111                                      |           |
|                      |   | ATHIRA . B   |                      | XX                 |         | ×A                       | ××                          | K X              | 2   |            |                  | ++         | 111                                      | -         |
|                      |   |  |                      | * *                |         | ××                       | ×                           | ××               | 5   |            | 11-11            | 11         | -11-1                                    | +         |
|                      |   | DEVYJJ   |                      | < X                | 12      | **                       | XX                          | ××               |   |            |                  |            | -11-                                     | ++-       |
| -                    | 36  | GEETHUS  |                      | **                 |         | XA                       | XX                          | ××               |   |            | 111              | 111        | -11-                                     | ++        |
|                      | 37  | SREESHMA.S   | 1. 21                | X X                | 52      | Xx                       | XO                          | XX               | 23  |            | 111              | 11         |  | ++-       |
|                      | 38  | KANYA SONIL  |                      | XX                 | 1 2     | XA                       | XX                          |                  |   | +++        | $\left  \right $ |            | -11-                                     | ++-       |
|                      |   | KHADEEJA BASHA.  |                      | XX                 | 12      | XX                       | XX                          | · ×              |   |            | +++              | 111        | 1  | ++-       |
|                      | 40  | LITHIN THAMPI  | 1000                 | XX                 | 2 2     | AY                       | XX                          | K X<br>X X       | 23  |            | 11               | 111        |  | 11        |
| 1                    | 41  | MALU.M.S   | 1                    | XX                 | 23      | XX                       | AX                          |                  |   |            |                  | 111        |  | TT        |
| 1                    | 12  | MIKITHA.M  |                      | K A ·              | 12      | XX                       | XX                          | XX               | No. 12  |            |                  | 111        | 1 1                                      | 111       |
| L                    | 13  | NOU FIYA.S.N   |                      | XX                 | 1 1     | XX                       | x x                         | · ×              |   |            | +++              | 11         | 11                                       | 111       |
| in the second second |   | NUSMIN   |                      | XX                 | NA -    | XA                       | XX                          | XX               |   | +++        | +++              | 1          |  | H         |
|                      |   | RAHUL'S  | 325 1.5              | * *                | 20      | XA                       | XX                          | X                |   | +++        | ++++             | 200        | 11                                       | 111       |
|                      | -   | RAKHI.S.A.   | 1                    | ××                 | 2       | XX                       | XX                          | XX               | 33  |            | 120              |            | +1                                       | 11        |
|                      |   | RAMSI. 3   |                      | ××                 | >>      | XX                       | XX                          | XX               | XX  |            | +++              | 100        | ++                                       | HE        |
|                      | And American Street   |  |                      | **                 | 22      | ××                       | AXX                         | XX               | 1 1 2   |            | 111              | 134        | 11                                       | 111       |
| 4                    |   | SARATHS  |                      | XX                 | 20      | XX                       | XX                          | ) AX             |   |            | 12 11/0          | 1011       | 1400                                     |           |
| 4                    |   | SIVAJITH.S   |                      | xx                 | 3       | XX                       | XX                          | 3 7              | ( * *   | ~          | 3/23             | 94 4       | 4  |           |
| 50                   | S   | REEJITH . S  | 0000000              |                    |         | ××                       | AX                          | XX               | x   |            |                  |            | 11                                       |           |
| SI                   | 1 3   | KUTHIRAJ   |                      | * *                | 3.5     |                          | XX                          | X                | XAN   |            | 1300             | 1 53 1     | 11                                       | August 1  |
| 8                    | SU  | NARSHA.S   | 1000                 | X×                 |         | × ×                      |                             | X                | x   |            |                  | 19         | 111                                      | 1. 1000   |
| _                    |   | WATHIS   |                      | XX                 | 22      | ××                       | XX                          | X                |   |            |                  |            | 111                                      | 1 1 1 2 1 |
|                      | State of Lot of | AISAKHI.S  |                      | XA                 | 20      | ××                       | ×1                          |                  |   |            |                  |            | TH                                       | ( april   |
| 54                   |   | and a second | 1000001              | XX                 | 32      | XX                       | AX                          | X                | X   |            |                  | 1          |  | mall      |
| 55                   |   | BHIRAMIDAS   |                      | XX                 | 3.3     | ××                       | XX                          | 2 2              | X   |            |                  | 11         |  | L.        |
| 56                   |   | ISWARYA G.R  | Contraction of the   | XX                 |         | ××                       | AX                          | X                | XXX   |            |                  |            | +++                                      |           |
| 57                   | AK  | HIL. M. ANSARI   | -                    |                    |         |                          | XX                          | 12 7             | (+ 1)   |            |                  | -          | 111                                      | + +       |
|                      |   | ABILY.P.   | a coming             | x x                | 2 7     | ××                       |                             |                  |   |            |                  |            | 111                                      |           |
| 201                  | /1/0  | DESENT DAILY F.N.  | -                    |                    |         |                          |                             |                  |   |            | 111              |            | -113                                     |           |
| 2                    |   | No. PRESENT DAILY A.N.   | E.                   |                    |         |                          |                             |                  |   |            | I Pole           | ince of er | arrent fees                              | s due     |
|                      |   | PERCENTAGE   |                      |                    |         | onth                     | Curre                       | nt fees colle    | ected   |            |                  |            |  | due       |
| roll at              | the be  |  | Average              | No. on roll during | g the m |                          | Arre                        | r fees colle     | etea  |            | Bal              | ance of fi |  | Total     |
| nitted               | t the n   | the month  | Total Sch            | ool Days           | alet    |                          | Time                        |                  | tal   | Mar Bar    |                  |            | Head Ma                                  |           |
| roll at t            | he end  | d of the month   |                      | Inspecting Off     | a de    |                          | A REAL EL                   | 10               | House and the second  |            |                  |            | Head and                                 |           |

| 8.No.               |  | Days<br>Eng:<br>Date | 1 2   | 3 4 | 567        | 8 9 10  | 11 12  | 13 14 15 | 16 17   |     | 19 20 21 2<br>× × | 2 23 24 2 | 5 26 27<br>x x | 28 29 3                                 | 10 31 June       | No. of<br>No. of<br>Prive | Real Real        | Participation of the second | 12 | ine I | Pees<br>Its Pa | 1-1- | 1 110 | - ft | Posts<br>Physics<br>Indigi | 1     | _       |     |
|---------------------|--|----------------------|-------|-----|------------|---------|--------|----------|---------|-----|-------------------|-----------|----------------|---|------------------|---------------------------|------------------|-----------------------------|----|-------|----------------|------|-------|------|----------------------------|-------|---------|-----|
| 00                  |  | N. DR                |       |     | XX         | 12 24   | ×      |          | +1      | H   | XX                | 2         | XX             | 1                                       |                  | 1                         | 1                | tt                          | 1  |       | 1              | +1   | +     |      | ++                         | 1     | -       |     |
| 59                  | ANAKHA AL  |                      |       |     | ××         |         | X      |          | ++      | H   | KA                | N. N.     | ×              | 4                                       | 2                |                           | 1                | 11                          |    | 1     | ++             | +    | ++    | 100  | 11                         | +     | -       |     |
| 60                  |  |                      |       |     | ××         |         |        | ×        | ++      | H   | X                 | 4 1       | x              |   | 10               |                           |                  |                             |    | ++    | 1              | ++   | ++    | 1 03 | 11                         | +     | +       |     |
| 61                  | ANJN. A  |                      |       |     | XX         |         |        | x        | +++     | H   | XX                | N A       |                | A                                       | 11               | 11                        |                  |                             | 11 | +     | +              | ++   | +1    |      | TT                         | T     | 1       |     |
| 62                  |  |                      |       | +   | XX         | +++     |        | x        | 11      |     | XX                | 13        |                | 1                                       | 10 10            | 1                         |                  | +                           | 1  | +     | ++             | ++   | T     | 1    | 11                         | T     | 1       | -   |
| 63                  |  |                      | ++    | +   | < X        | -       |        | (*       |         |     | XX                | 1         |                | X                                       | 11               | -                         | 11               | +                           | +  | ++    | ++             | +1   | 51    | 1    |                            | 11    |         |     |
| 64                  | FARHA.S  | -                    | ++    | +   | XX         |         |        | x        |         | 100 | XX                | 1-12      |                | X                                       | 11               | ++-                       | +                | $\left  \right $            | +  | ++    | ++             | T    | T     |      | 5                          | 1     | 1       |     |
| 55                  | JITHINRAS. R   | 2                    | ++    | +   | XX         | -       | _      | XX       | 10      |     | XX                | PE        |                | XX                                      | ++               | ++                        | +                | 1                           | ++ | ++    | +              | T    | 1     | 11   | 52                         | 11    | +       | +   |
| 5                   |  |                      | ++    | -   | XX         | 1       |        | K X      | 8       |     | XX                | 11        |                | XX                                      | ++               | 11                        | +                | +                           | ++ | ++    | T              | 12   | 4     | 11   | Sec.                       | ++    | +       | +   |
|                     | NIVYA.M  | -                    | ++    | -   | K X<br>X X | 1       |        | XA       | 1       |     | XX                |           |                | XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |                  |                           | -                | +                           | ++ | +     | T              | T    | 11    | 1    | 1.12                       | 11    | +       | +   |
| 39                  | NOYFMA.M   | S                    |       |     |            | -       | 1000   | KK       | 10      |     | XI                |           |                |   | ++               | $\left  \right $          | +                | +                           | +  | H     | T              |      | 11    | 11   | 1                          | -1    | H       | -   |
| 10                  | KAKENDHU.S.K   | Sec. 1               |       | -   | XAX        | +++     | -      | XA       | 20      |     | X                 |           | X              | XA                                      |                  | ++                        | +                | +                           | +  | +1    | T              | T    |       | 1    | +                          | 4     | ++      |     |
| 71                  | REMTAR   | -                    | -     | +   | XX         |         |        | XX       | 12      |     | ×                 |           | 2              | X                                       |                  | 11                        | $\left  \right $ | +                           | +  | +     | T              |      | 10    | h    | 11                         | 1     | +       | +   |
| 2                   | RIFANA.A   | 1000                 | -     | -   | XX         |         | 110    | XX       | 1       |     |                   | x         | 14             | X                                       |                  |                           | + +              | 1                           | 1  | T     | TT             | 1    | U     | ha   | ++                         | 1200  | ++      | +   |
| 2                   | SNEHA.S  |                      | -     | -   | 1          |         | ++     | XX       | 1 2     |     | ×                 | N         | 12             | 100                                     | ×                |                           | 1                | +                           |    | T     | TT             | 80   |       | 11   | 11                         | - bi  | ++      | +   |
| 3                   | SUKAMA.S   | 130.0                |       | -   | ×          |         |        | KK       | 100     |     | X                 | 11        | A              |   | X                | 1                         | +                | +                           | +  | ++    | 11             | T    | 12    | 11   | 1                          | 100   | ++      | +   |
| 4                   | ABHISHEK. P.R  | 1000                 |       |     | ×          |         | ++     | XX       | a la la |     | X                 | 4         | 1-1            |   | X                | 11                        | ++               | +                           | +  | ++    | -              | 1    |       | 11   | 364                        | 100   | +       | 1   |
| 5                   | HBHISHER.  |                      |       |     | ×          |         |        | XX       |         |     | ->                | CX        | 0 101          |   | XX               | 1                         | ++               | +                           | +  | ++    | T              | t    | T     |      | 144                        | 1     | -1      | +   |
| 6                   | AKHIL. P   | 25                   |       |     | X          |         |        | XX       | 12      | +   |                   | XX        | PP             | 1                                       | XX               | 11                        | 11               | +                           | +  | +     | +              | Te   | TT    | 1    | he                         | 11    | 15-     | ++  |
| 7                   | ATHULRAJ   |                      |       |     | ×          | ×       | 12     | KA       |         | +   |                   | XX        | 4              | 1                                       | XX               |                           | 11               | +                           | +  | +     | 1-1            | H    | T     | 1    | T                          | 11    | 1999    | 11  |
| 8                   | ELGIN K VARGHESE   |                      |       |     | x          |         |        | -        | 100     |     |                   | XX        | 44             |   | KX               |                           |                  | +                           | +  | +     | +              | ++   | +     | 1    | the                        | 11    | 110     | 11  |
| 9                   | JACKSON JOLY.  | 1                    |       |     | 2          | 4       | No.    | XX       |         | +   |                   | X         | 11             |   | KI               | 11                        | ×                |                             | _  | -+    | +              | ++   | +     | T    | TT                         | 10    | 100     | 1   |
|                     | MEENN, A.S   |                      | -     | T   | ×          | X       |        | XX       |         | 4   | H                 | X         |                | TT                                      | X                | X                         | 1                |                             |    |       | +              | +    | ++    | t    | ++                         | T     | to      | al  |
| 1                   | HUHAMMED FAISAL F  | -                    | -     | H   | x          | x       | N      | X        | (       | 6   | H                 |           | 11             | .11                                     | 4                | XA                        | TT               |                             |    |       | 11             | +    | +     | ++   | +                          | T     | T       |     |
| 1                   | NANDANAR   | -                    | -     | +   | 1+         | ×       | 100    | ×        | ×       | X   | H                 | X         |                |   | -                | ×1                        | XX               | T                           | 1  |       | 6              | -    | +     | ++   | +                          | +     | t       |     |
| 3                   | PRIYA.J.S  |                      | -     | -   | -f         |         |        | X        | ()      | -   |                   | X         | ++             | ++                                      | 11               | K                         | 61               | T                           |    | T     |                |      | 4     | +    | +                          | 1     | +       | -   |
| -                   | RAGIR  |                      |       | -   |            | ×       |        | ×        | x       |     |                   | ×         |                | 11                                      |                  | +++                       | ++               | H                           | +  | T     |                |      | 11    |      |                            | 1     | ++      | US  |
|                     | KADI-A   | 15.                  |       |     | _          | x       | ++     |          | x       |     | 1                 | X ?       | X              | 1                                       |                  | X                         | ++               | ++                          | +  | +     | 1              | T    | T     | 1    | 10                         | 11    | 11      | 2.2 |
| -                   | SUNITHA.S  |                      |       |     |            | *       | 10     | X        |         | ++  |                   |           | X              | K                                       |                  | XX                        | 11               | ++                          | +  | +     | +              | +    | 11    |      | T                          | 11    | 1       |     |
| •                   | Y. PUNNIYA   | 1                    |       |     | 7          | x       | 22     | X        | 1       | 1   |                   | H         |                |   |                  |                           | ++               | H                           |    |       |                |      |       |      | 11                         | 11    |         |     |
| F                   | ABHINAND. S.A.   | -                    | -     | T   |            |         | -      |          |         | +-  |                   | T         |                |   | ++               | ++                        | ++               | H                           |    |       |                |      | 1     | 1    | 11                         | 1     | -       | due |
|                     | No. PRESENT DAILY F.N.   | -                    |       |     |            |         |        |          |         | ++  |                   |           |                | 11                                      | 11               | 11                        | 1                | 1                           |    |       | 1997           |      | Bala  | ance | of cu                      | rrent | fees d  | lue |
|                     | PERCENTAGE   |                      |       |     |            |         |        |          |         |     |                   | (         | Curren         | nt fee                                  | es col<br>s coll | lected                    |                  |                             |    |       |                |      | Bal   | ance | e of I                     | me du | and the |     |
|                     | A DESCRIPTION OF A DESC | Ave                  |       |     |            | l durin | gthe   | 6        |         | -   |                   | -         | Fine           |   |                  |                           |                  | -                           | -  |       | -              |      |       |      |                            |       |         | ota |
| t the<br>during the | e begining of the month<br>ring the month<br>he month<br>e end of the month  | Tot                  | al Sc | 100 | 1 Days     | ting Of | fficer | AND      | ***     |     |                   |           |                |   | Т                | otal                      |                  | -                           |    |       | -              |      |       |      |                            | Hea   | ad Ma   | ste |
|                     | Teacher  |                      |       |     | Tebeci     |         |        |          |         |     |                   |           |                |   |                  | -                         | 13               | 20                          |    |       |                |      |       |      |                            |       |         |     |

|                           | ister of Attendance a            | naree                        | TTTT          | TTT                  |                        | MARCH 202  | -  | Standar          |           | 185 1881    | -  | 1    |
|---------------------------|----------------------------------|------------------------------|---------------|----------------------|------------------------|--|--|------------------|-----------|-------------|--|------|
| Reg                       | ister of Attende                 | Days                         | 11 - 8 9 11   | 11 12 13 14 15 16 17 | П                      | 1 / S 26 27 28 29 30 31 8 9 10 0X  | and a state of the | I Fine Fees F    |           | Sal and     | The second secon |      |
|                           |                                  | Oute 12                      |               |                      | 18 19 20 21 22 23 24 2 | 5 26 27 28 29 30 31 E  | The The  | Col Bar Par Part | in Pal Ra | 17 - 1 = 1  | -  | 18   |
| Admission<br>No.<br>S.No. | NAME                             |                              | * *           | × ×                  | XX                     | AX   |  | ++++             | 11        | 111         | E  |      |
| 20                        | ABHIRAMI M                       |                              | * *           | * *                  | XX                     | nx   | 111  | HHT              |           | 111         | ( and a second   |      |
| 88                        | AISWARYA. N.S                    |                              | XA            |                      | XX                     | XX   | 111  | HHT              | TI        | 111         | +  |      |
|                           |                                  |                              | XX            | XA                   | XX                     | KA   | +++  | ++++             |           | 111         | 1  |      |
| 90                        | ANJANA RAJESH                    |                              | XX            | XX                   | XX                     | hill   | +++  | HIT              | TH        |             | ++-  |      |
| 62                        | ANJANA V.B                       |                              | ĸĸ            | Xx                   | X                      | X X  | ++++   | HIT              | TH        | 11          | ++-  |      |
| 92                        | ANUSKEE.A.                       |                              | XX            | < X                  | XX                     | XX   | +++  | HIT              | TH        | 1-11        | ++   | - 1  |
| au.                       | ARATHI.A.                        |                              | XX            | XX                   | AX X                   | territori de la constante de la consta | +++  | HHT              | 1-1-1     | 1 11        | ++   | -    |
| ar                        | ARATHY. 4.                       |                              | XX            | AX                   | K K K                  | XX   | +++  | +HTT             |           | 1++         | +++  | -    |
| D                         | ARDRANIJAY                       |                              | XX            | KK I                 | x                      | KK   | 111  | THT              | 111       | 11-1        | 111  | -    |
| 90                        | ARUNS                            |                              | xx            | AX                   | XX                     | X A  |  | HHT              | to tet    | Alter       | ++++   | _    |
| 14                        | ASWANI. P.S                      | ++++                         | R X           | AX                   | XX                     | K X  | +++  | ++++             | TI        | 44/200      | 111  | +-   |
| 78                        | ASWATHY.S                        |                              | AA            | XX                   | XX                     | XXX  | +++  | ++++             | TTT       | allan.      | 111  | +    |
| 99                        | ASWATT.                          |                              | XX            | KK                   | XX                     | D X  | 111  | ++++             | TT        |             | 111  | +    |
| 100                       | ATHULYA ASO KAN.                 |                              | XX            | · · ·                | XA                     | XX   | H $H$ $H$ $H$ $H$ $H$ $H$ $H$ $H$ $H$  | ++++             | TT        |             | 111  | +    |
| 101                       | ATHULYA.B                        |                              |               | XX                   | XX                     | XX   |  | ++++             | 111       | TIL         | 111  |      |
| 102                       | BICHY · B                        |                              | x X           |                      | H                      | XX   |  | 111              | ++-       | TT          |  | 1-1  |
| 103                       | DEVIKA.J                         |                              | XX            | x x                  | XX                     | XXI  |  |                  | H         | ++++        | 11   | 11   |
| 104 (                     | SAUTHAM GIRI                     |                              | XX            | XX                   |                        | XX   |  |                  | +++       | 11+11       |  | TI   |
| 105                       | COPILCA . B                      |                              | XX            | XX                   | XA                     | XXI  |  |                  | 111       | 11+         | + 11   | 1    |
| Int C                     | DREESHMA. S.K.                   |                              | XX            | XX                   | XX                     | AX   | HIT  |                  | 101       | +++         | + +  | T    |
| 1.7 1                     | RISHNA ASOKIAAN                  |                              | XX            | XX                   | AX                     |  | ++++   |                  |           | 11          | +++  | ++   |
| IOF K                     | RISHNAMOL. M.M.                  |                              |               | XX                   | XX                     | XX   | 111  | -++-             | TTT       | 1.11        | 11-  | ++   |
| 108 K                     | RISHNAMOC T                      |                              | XA            |                      | H BX                   | XX   |  | +++              | 111       | TT          | 1 - m  | +++  |
| 109 K                     | RISHNA PRIYA. P                  |                              | XX            | XX                   | HI TXA                 | XX   |  | 1++              | +++       | TT          | The  | 11   |
| 10 M                      | ULHASINA. S                      |                              | XX            | XX                   |                        |  |  |                  | H         | ++++        | The  | 1    |
| III A                     | IKHIL.J.S                        |                              | XX            | XX                   | XX XX                  |  |  |                  |           | +++         | H  | TT   |
| 12 4                      | ONFIYA.N                         |                              | XX            | xx                   |                        |  | +++-   | TT               | 111       | 111         | +++  | ++   |
| 14 10                     | 00111112                         |                              |               | XX                   | X                      | XXXX   | HH   | +++              | start.    | 111         | 14H  | -++  |
| 13 P#                     | RAJITH P                         |                              | XY            |                      | ++   Hx                | XXXXXXX  |  | +++              | +++       | 111         |  | -    |
| 4 RE                      | ESHMA.L                          |                              | XX            | AX                   | 100 K                  | x x  | 6  |                  | ++        | H           | TIT  |      |
| 5 121                     | EVATHY.K.S                       |                              | ××            | XA                   | X                      |  |  |                  | 111       | 111         | 1111   |      |
| 1 10                      | ISANA N'S                        |                              |               | ++                   |                        |  |  |                  | 111       | 111         | 111  |      |
| 6 1X                      | EN.                              |                              |               |                      |                        |  |  |                  |           | - of en     | rrent fees d   | ue   |
|                           | No. PRESENT DAILY F.N.<br>A.N.   |                              |               |                      |                        |  | ed   |                  | Ba        | lance of ar | rear fees du   | 94   |
|                           | PERCENTAGE                       |                              |               | Comonth              |                        | Current fees collect<br>Arrear fees collect  |  |                  | Ba        | lance of an | He contraction   | stal |
| 1                         | the soft the month               | Average No.<br>Average Atte  | on roll durin | g the month          | AND THE REAL PROPERTY  | Fine   | 1000   | 1                |           |             |  |      |
| at the be                 | gining of the month<br>the month | Average Atte<br>Total School | Days          | 100                  | Market Market          | Tota   | u  |                  |           |             | Head Ma  | Prot |
| ring the I                | nonth                            |                              | - 10          |                      |                        |  |  |                  |           |             |  | 100  |
| at the en                 | d of the month                   | I                            | specting      | ficer                | and the second second  |  |  |                  |           |             |  |      |
| lass Tea                  | cher                             |                              |               |                      |                        |  | and the second   | all and a second | -         |             |  |      |

| Reg                      | ister of Attendance a                  | ia r         |   |                      |        | TITT                |   | 5-5-5-5                                 | Tution F   | ne needatie    | Total Total        | And A      |
|--------------------------|--|--------------|---|----------------------|--------|---------------------|---|---|------------|----------------|--------------------|------------|
| Trop                     | , loter of the                         | Days         | 11  | 11                   |        | 18 19 20 21 22 23 2 | 4 25 26 27 28 29 30   | And | and here I | Pine Free Fine | I BE A             | 11 1       |
| Imission<br>No.<br>B.No. | NAME                                   | Eng:<br>Date | 1 2 3 4 5 6 7 8 9 10                        | 11 12 13 14 15 16 17 |        |                     | XX  | N N B B                                 |            |                | TH                 | 11         |
| 2 2 2 1 1 1 X X 4 3 1    | 1.1.41                                 | 1000         | ××  | × ×                  |        | AX                  | XX  | 1111                                    | 111        |                | 11 11              | ++         |
| 117                      | ROSHIN SHADI                           | 1200         | A X   | XX                   | 1      | KA                  | XX  |   |            |                | 11 11              | ++         |
| 118                      | SAGAR. S. BABY                         |              | 4 x   | XX                   | -      | HAX                 | XX  |   |            | 1114           | ++++               | H          |
| -Ic 119                  | ARCHANA DAS.S                          |              | x x   | ××                   | -      | KA                  | KX  |   |            | ++++           | 11                 | H          |
| 120                      | MAHITHA . S. MURALI                    |              | A a   | AX                   | -      | XX                  | XX  |   | 111        | 1111           | H                  | IT         |
| 122                      | MANEES HA. U                           |              | K X   |                      | H      | XA                  | AX  |   | 111        | +++++          | +11-               | TIT        |
| 123                      | ABHIMANTY. M.A.                        | Barrie .     | ××  | X X X                | HA     | AX                  | XX  | 1111                                    | +++        | ++++           | ttt                | 11         |
| 124                      | JASNA-S                                |              | ××  | 2x                   | +      | XX                  | XX  | 1111                                    | 111        | -++++          | 1111               | 1          |
| 125                      | VASISHT-R.J.                           |              | < X   |                      | +      | KK                  | AX  | 1111                                    |            | HH             | +111               |            |
| why 126                  | ABHISHEK ANIL                          |              | XX  | K X                  | +      | XX                  | XX  | PHL                                     | +++        | ++++           | 1111               | 11         |
| 127                      | PRAJESH PRATHAD                        |              | ××  |                      |        | XX                  | 1 47  |   | +++        | ++++           | 111                | 11         |
| 128                      | DARSANA.S                              |              | XA  | XX                   |        | AX                  | XX  | 1111                                    | +++        | ++++           |                    | 1          |
| 129                      | NIANDANA · P                           |              | *×  | X4                   |        | 16 x                | TIX   | 1111                                    | 111        | ++++           | HTT                |            |
| 130                      | SARAN. S.J                             | 1            | XX  | 4 2                  |        | 1 XA                | TTK   | XIII                                    | 11         | ++++           | ++++               | 1          |
| 121                      | SUIR INIA S.                           | 1 15         | XA  | XX                   |        | XX                  | TTX   | 4                                       |            | ++++           | ++++               | T          |
| 12.2                     | PRAKEERTH . P. B                       |              | × A   | XA                   | 18     | 1 A                 |   | W                                       |            | ++++           | ++++               | T          |
| 120 0                    | RAHISHA L.                             | -            | XX  | XY                   | 10     | MY X                |   | x y                                     |            | 111            | ++++               | 11         |
| 101 0                    | WETHA S.J.                             |              | YA  | YE                   |        | T'xx                |   | AX                                      |            | 111            | ++++               | ++-        |
| 134 3                    | WEIHA S.                               |              | Y A   | 4 X                  |        | AXX                 |   | XX                                      |            |                | ++++               | ++-        |
| 135                      | SAMJITH LAL S.                         |              | YA  | YE                   |        | YYA                 |   | XALL                                    |            |                | 111                | H          |
| 136 .                    | SREEJESH S.                            |              | XX  | XX                   |        | VA                  | XIII  |   | HT         |                |                    | +++        |
| 137                      | BEEMA J.                               |              | KX-   | XX                   |        | TN                  | 21.1  | XXII                                    | +++        | TTI            | 111                | 111        |
| 138 ]                    | DONA S JAMES                           |              | 4 X   |                      |        | WV                  | x   | X                                       | +++        | +++            | TT                 | 11         |
| 120                      | FATHIMA AIZHAM                         | -            | 2 4   | XX                   | 100    |                     | A   | 14                                      | +++        | +++            | HIT                | 111        |
| 130                      | HARIMVRALL M.A.                        | -            | YL  | AY                   | 12/2   | 1 1 1 1             | IXII  | AY                                      |            | +++            | HIT                | TTI        |
| 140 1                    | AKIND BAC                              |              |   | AX                   | in the |                     | and the second se | 24                                      |            | 1++            | ++++               | 11         |
| K41 .                    | SNEHA PAS L                            |              | XY  | XX                   |        | I I H               | XX  | AX                                      |            |                | +++                | -++        |
| 142                      | AUWARY S.                              | -            | YA  |                      | 11     | X                   | XX  |   | +++        |                | 111                | H          |
| 14.0 1                   | PCHA X.                                | -            | XX  | X4                   |        | 117                 | XALL  | XA                                      | HH         | HT             |                    | 1.11       |
|                          |  | -            | XA  | XX                   | 0.0    |                     | YN  | 1 YA                                    | 111-       | +++            | TTI                |            |
| m 144 1                  | 3HAPRA R.                              | -            | XX  | A                    | 1      | 4                   | AAH   | +++++                                   | 111        | 1 1 1          | 111                | 111        |
| Vir D                    | EVCHANDAAT                             |              | XA  | ++++                 |        | HH                  | ++++  |   | HH         | 111            | 11                 | 111        |
| 141 1                    | DCHANA S.                              |              |   |                      |        | H                   | ++++  |   | 111        |                | Balance<br>Balance | of current |
| 10-1                     | No. PRESENT DAILY F.N.                 |              |   |                      |        |                     | Current   | ees collected                           | ***        |                | Balance            | e of fine  |
|                          | PERCENTAGE                             | 1            |   | a the month .        |        |                     | Arrear ic   | fa com                                  |            |                |                    |            |
|                          |  | Ave          | prage No. on roll durin<br>prage Attendance | 60 -                 |        |                     | Fine  |   | 100        |                |                    | H          |
| roll at the              | begining of the month<br>ing the month |              | al School Days                              | all .                |        |                     |   | Total                                   |            | A State State  |                    |            |
|                          |  | 101          | Inspecting O                                | (Foor                |        |                     |   |   |            |                |                    |            |
| roll at the              | e month<br>end of the month            |              | Inspecting O                                | meer                 |        |                     |   |   |            | and the second |                    |            |

|      |            | ister of Attendance a  | Days<br>Eng:           | 11          | 7 8 9 10 | 1 1     | 14 15 16 |       |               |         | 5 26 27 28 29 3 | n.nf days | a of days<br>proved<br>plo date<br>Majoria | Tul Tul | ion Fee | Special F | Tot  |         | Initials of<br>their Transfer<br>figure at the |                      |     |
|------|------------|--|------------------------|-------------|----------|---------|----------|-------|---------------|---------|-----------------|-----------|--|---------|---------|-----------|------|---------|--|----------------------|-----|
| No.  | S.No.      | NAME   | Date 1 2               | VX          |          |         |          |       | 18 19 20 21 - |         | y e             | 11        | N. R. B.                                   |         |         | TH        | H    | -11-    | ++   | -                    |     |
|      | 42         | KARTHIKA J.S.  |                        | YA          |          |         | 1        |       | 849           |         | 84              | 11        | ++   | ++      | +++     | +++       | 11   | -11     |  |                      |     |
|      | 1          | 10100 115  |                        | YX          |          |         |          |       | · v A         |         | XA              | 111       | ++   | 11      | ++-     | HT        | TT   | 1       |  |                      |     |
| 1    | 49         | NANDINI M  |                        | YA          |          |         | 1 8      |       | YA            | +++     | NA              | +++       |  | ++      | ++-     | 111       | TT   |         | 11   | 1                    |     |
| 1    | 50         | NANDINI M.<br>BHAPRA R.  |                        | AN          |          |         | - Aller  |       | y x           | +++     | x a             | +++       |  | +++     | ++-     | +++       | TT   |         | 111  | 1                    |     |
| 10   | 5.8        | PAR NATHY A. S   |                        | AX          |          |         |          |       | Y A           | +++     | 4.2             | +++       |  | +++     | -11     | 11        | ITT  |         | 111  | 1                    |     |
| 1    | 52         | PARVATHY A.S.<br>PARVATHY R.   |                        | YY          |          | +++     | 2 2      |       | 2 4           | +++     | YA              |           |  | ++      | +++     | T         | TT   |         | 111  | 1                    |     |
| 1.12 | <b>C</b> 2 | Garoura CURICE   |                        | 14          |          |         |          |       | YL            |         | XX              | +++       | ++   | ++      | +++     | TT        | T    | T       | 111  | 1                    | -   |
| 15   | 4          | CRUTHY MURALI  |                        | VV          | 12       |         | 123      |       | YK            |         | ×4              | +++       | ++   | ++      | ++      | HT        | TT   | T       | 11   | 11                   | _   |
| 15   | F          | SRUTHY MURALI<br>SREETHU MURALI  |                        | a X         | 184      |         | 12       |       | A4            | 11      | AX              | +++       | ++   | ++      | ++      | 111       | TT   | T       | 11   | 11                   | _   |
| 1+   | 0          | ALSWARYA PC  |                        | Y I         |          |         |          | 8     | y -           |         | XH              | +++       | +++  | ++      | ++      | 111       | TT   | T       | 11   | 11                   |     |
| 15   | a          | AVANO AL   | ++                     | Y A         | V        |         | A        |       | y.            | 4       | XA              |           | 11   |         | +++     | HT        | TT   | TT      |  |                      | _   |
| 15   |            | AKHILA AL<br>DEVCHANDHANA P.S  |                        | 4)          | 1        |         |          |       | Tu            | ×       | KA              |           | 11   |         | ++-     | +++       | + ++ | TT      |  |                      | 1   |
| 150  | 7          | ARATHY B.  |                        | 4 y         | 1        |         |          | H     |               |         |                 | 111       | 11   | ++      | ++      | +++       | ++   | tt      |  |                      |     |
|      | -          | VISHNURAR R  |                        | У           | 1+       |         |          |       | H             |         |                 |           |  | 11      | ++      | ++-       | +++  | ++      | 1  | TT                   | 1   |
| 160  |            | UISANDICIEIS   |                        |             |          |         |          |       | H             |         |                 |           |  |         | ++      | ++-       | +++  | ++      | 1  | III                  | 1   |
|      | -          |  |                        |             |          |         | P        |       | +             | +++     |                 | 11        |  |         | 11      | 11        | 11   | +++     | +  | +++                  | 1   |
|      |            |  |                        |             |          |         | 1        |       | H             | +++     | ++++            | TT        | TT   |         |         |           | 11   | 11      | ++   | +++                  | -   |
| -    |            | and the state of the   |                        |             |          |         |          | all a | H             | +++     | ++++            | +++       | +++  | -       |         |           | 11   | 11      | ++-  | +++                  | 1   |
|      |            |  |                        |             |          |         |          | 01    |               |         | +++             | +++       | +++  |         |         |           | 11   | 11      | 11   | 11                   | ++  |
|      |            |  |                        |             |          |         |          | L KR  |               |         |                 | +++       | ++   |         | ++      | TT        | T    | 11      | 11   | 11                   | +   |
|      | -          | alle the second second   |                        |             |          |         |          | 201   |               |         |                 | 11        |  |         | ++      | ++        | TT   | T       | 11   | 11                   | +   |
|      | -          |  | 1                      |             |          |         |          |       |               |         |                 |           |  | +       | ++      | ++        | ++   | TT      | 11   | 11                   |     |
| -    | -          | and the second se  |                        |             |          |         |          |       | + +           |         |                 |           |  |         | 1       | +++       | ++   | ++      | + IT   | 11                   |     |
|      |            |  |                        |             |          | 1       |          | P     | + +           | +++     | ++++            | TT        |  |         |         |           | +++  | ++      | +++  | -+                   | TT  |
|      |            |  |                        |             |          |         |          |       | - · -         | +++     | +++             | +++       | 111  | 11      |         | 11        | 11   | 11      | ++   | +                    | ++  |
|      |            | Change and a state of the second   |                        |             |          |         |          | Ke c  |               | 1       | ++++            | +++       |  | 11      | 1       | TT        | T    |         | 111  | 1                    | +++ |
| 1    |            |  |                        |             |          |         |          | 14    |               | 1.1.1.1 |                 | 11        | +++  | +++     | -       | ++        | TT   | T       | 111  |                      | 11  |
| +    | -          | Carlos Charles San 18  |                        |             | -        |         |          | 1     |               |         |                 |           |  | 11      | +       | ++        | ++   | TT      | 1  | 11                   | 11  |
| -    | -          | A REAL PROPERTY AND A REAL |                        |             |          |         |          |       |               |         |                 |           |  | 11      |         | -++       | ++   | ++-     | 11   | T                    | TI  |
|      | -          |  | 10000                  |             |          |         |          |       |               | ++      | ++++            | +++       | 111  |         | 11      |           |      | ++      | ++   | ++-                  | -11 |
|      |            | The second second  |                        |             |          |         |          | 1º    |               |         | 111             | +++       |  | ++      | 11      |           | 11   |         | 11   | 11                   | 11  |
| 1    |            |  |                        |             | -        |         | 11       |       |               |         | 111             | ++        | H  | H       |         |           | 11   | 11      | 111  | 11                   | 1   |
| 1    | 1          | EN.  |                        |             |          |         |          |       |               | 1       |                 | ++        | +++  | H       |         |           | 11   | 11      | 111  | foos due             |     |
|      |            | No. PRESENT DAILY A.N.   |                        |             |          |         |          |       |               |         |                 | 11        |  | 111     | 1.80    |           | Bala | ance of | arrear   | fees due<br>fees due | +++ |
|      |            | PERCENTAGE   |                        |             |          | theman  | ath      |       |               | Ç       | urrent fees     | collect   | ed   |         | 1       |           | Bal  | ance of | f fine du                                      |                      |     |
| -    |            | gining of the month  | Average 1              | No. on roll | during   | and mon |          |       |               | A       | fine            |           |  | -       |         |           |      |         |  | Total                |     |
|      |            | i the month  | Average 2<br>Total Sch | ool Days    | 1        | alle    | ***      | e     |               |         |                 | Tota      | al   |         | -       | -         |      |         | Hea  | d Master             |     |

Class Teacher



#### **REPORT OF CERIFICATE COURSE**

A certificate course in yoga conducted by Department of Physical Education started during the academic year 221-2022. Course was conducted for two batches. The duration of the course was one month, and course started with 160 fisrt year students. The classes were handled by the Sri.Amjith.S, a Qualified Yoga Practitioner and also working at Sree Narayana college, Chempazanthy as Physical education Faculty. Students attended practical oriented classes on Saturday & Sunday on the month of March 2022 without Disturbing their regular academic session. The course was Designed such a manner to reduce stress among students. Selected Asanas, Pranayama techniques were taught to students. Students completed the course by learning all techniques and they were given course completed certificates. The students were oriented about higher degree in yoga field.