

DEPARTMENT OF PHYSICAL EDUCATION

DEVA MATHA COLLEGE, KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



**REPORT
ON
ADD-ON COURSE**

Basic Yoga Training Programme

Academic Year: 2021-22

ADD-ON COURSE- *Basic Yoga Training Programme*

Academic year : 2021-22
Date(s) on which program conducted : 23 December- 30 May 2022
Collaborating agency inside or outside the institute : Center for yoga and naturopathy, M G University, Kottayam
Beneficiaries : All First year UG students of our college
Number of teachers coordinated the program : 3
Number of students participated in the program : 396

A brief report on program

The Department of Physical Education, Deva Matha College Kuravilangad conducted an Add on Course on “Basic Yoga Training Programme” from 23 December 2021 to 30 May 2022. This course was inaugurated by DrSabu Thomas, the vice chancellor of Mahatma Gandhi University, Kottayam on 30th November 2021. This Course was about the basic yoga techniques and it's benefits. This course enables the students to have a comprehensive understanding of yoga which is the invaluable treasure of the rich heritage of India. This course included both online and offline practical classes as well as online theoretical classes. This course helped the students to enhance their health status and health concept and also provided an opportunity to think of self-employment.

A total of 396 students took admission for this course. Starting from 23rd December 2021 there were 30 hour sessions conducted by Dr. Jobin Jose, Assistant Professor in Malayalam, Dr. Sunil Jose Assistant professor in Zoology, Dr. Sathees Thomas Assistant professor in physical Education, Deva Matha College Kuravilangad. Students were given assignments based on the course. Online Internal Exam,offline practical and theoretical exams were also conducted.

Brochure

DEVA MATHA COLLEGE KURAVILANGAD



BASIC YOGA PROGRAMME-INAUGURATION

🕒 2 pm | 📍 e-Learning Centre

30th NOVEMBER 2021

Programme

Prayer Song	- Kum. Anjaly Priya
Welcome Speech	- Dr. Brincy Mathew Co - Ordinator, Add-On Course
Presidential Address	- Dr. Sunil C. Mathew Principal
Inauguration	- Dr. Sabu Thomas Hon. Vice Chancellor, MG University, Kottayam
Keynote Address	- Dr. C. R. Harilakshmeendra Kumar Hon. Director, Centre for Yoga & Naturopathy, MG University, Kottayam
Felicitation	- Ms. Praseedha Mathew HoD, Physical Education Department
Vote of Thanks	- Capt. Sathees Thomas Assistant Prof. Physical Education Department
National Anthem	

DEVA MATHA COLLEGE KURAVILANGAD



BASIC YOGA

TRAINING PROGRAMME
for UG Students



INAUGURATION
DR. SABU THOMAS
Hon. Vice Chancellor, MG University, Kottayam

The Physical Education Department of
Deva Matha College, Kuravilangad
in association with Centre for Yoga & Naturopathy,
MG University, Kottayam

TUESDAY
30
November
2021

🕒 2 pm | 📍 e-Learning Centre

contact at: +91 9447980350

Photographs



Syllabus

Basic Yoga Training Programme

Duration: - 30 hours

Participants: - Regular students

No of students expecting: - All first year U.G. Students (per year)

This Course is designed based on the vision that healthy youth makes a healthy nation. The course is intended to provide basic and primary training. In yoga to each and every student of Deva Matha College. The course enables the students to have a comprehensive understanding of Yoga, which is the invaluable treasure of the rich heritage of India.

Objective of the Course

- Inculcation of Health practices
- Maintaining physical fitness
- Concentration and Intelligence
- Vitality and Enthusiasm
- Dynamic personality
- Healthy Physique

To introduce career and market oriented course to graduate and post graduate level students to enhance their health status and health concept and also it provides an opportunity to think off self-employment.

Basic Yoga Training Programme

Module	Syllabus
Module I	Philosophy of Yoga
Module II	Theory of Yoga Practice
Module III	Practical – Asanas, Kriyas and Pranayama
Module IV	Meditation and Stress management

DETAILED SYLLABUS

PAPER I : PHILOSOPHY OF YOGA

Meaning of Yoga - Concept of Yoga - History of Yoga - misconceptions of yoga - Need and Importance of Yoga - Exercise - meaning of exercise - definitions of exercise - Differences between yoga and exercise - Ashtanga Yoga - what is ashtanga yoga - YAMA - NIYAMA - ASANA - PRANAYAMA - PRATHYAHARA - DHARANA - DHYANA - SAMADHI - What is Asanas - posture - definitions of posture - classification of posture - Classification of Asanas - Aim to cultural Asana - meditative asana and relaxative asana - characteristics of meditative asanas - Pranayama - Definitions of pranayama - Types of pranayama - Effects of pranayama - Samadhi - Define Samadhi - Explanations of Samadhi in Upanishads - Soorya namaskar - basic breathing Techniques.

PAPER II : THEORY OF YOGIC PRACTICES

Basic anatomy and physiology of human body – cell - tissue - organ system muscles - bones - joints and skin - respiratory system - circulatory system - digestive system - nervous system - regulation of breathing - types of breathing - physiological biochemical - and neurological - changes by doing yoga - Types of Postures - Control of Respiration with the Help of Nervous System - Mechanism of Asana

PAPER III : PRACTICAL

Asanas:- Relaxative asanas- Meditative asanas- Cultural Asanas- Svastikasana- Uttanapadasana- Ardhapadmasana-Padhasthasana-Utkatasanas- Tadasana-Dhanurasana I -Dhanurasana II -Naukasana- Vakrasana-Vajrasana-Supta-Vajrasana-Ardha-Matsyendrasana-Saranahasna-Paschimottanasana– Ushtrasana-Trikonasana-Halasan-Uttanamandukasana -Bhadrasana – Ardachakrasana - Poorvothanasana – Gomukasana – Naukasana - Bhujangasana - - Padmasana - Simhasana - Vakrasana- BaddhaPadmasana - Parvatasana - Shalabhasana - Makarasana - Matsyasana- Vrikshasana - Chakrasana - Savasana -

Sukhasana - Suptamandukasana - Yogamudra- Brahmamudra - Garudasana - Bakasana - SurayNamaskar-pranayama.

PAPER IV MEDITATION AND STRESS MANAGEMENT

Meaning of Stress - Definition of Stress - nature of stress - source of stress - how to manage stress - Asanas and stress - kriyas and stress - Exercise and stress - yoga for mental health - prathyhara and dharana - meditation - meaning - different types - relaxation techniques - mind controlling - yoga nidra practice.

Assessment Procedure

Assessment Procedure has 3 parts

- Written examination for three hours with maximum of 50 marks.
- Continuous Evaluation of 20 Marks which comprises of :
 - Attendance- 5 Marks
 - Assignment- 5 Marks
 - Internal Exam 10 Marks
- Practicals and Viva – 30 Marks
- Total/Maximum Marks is 100
- Minimum marks required for pass is 40

GRADING PATTERNS:

O	-	Above 90%
A+	-	80 - 90%
A	-	70 – 80%
B+	-	60 – 70%
B	-	50 – 60%
C	-	40 – 50%
D	-	Below 40% (Failed)

COURSE OUTCOME

1. Improve personal fitness through participation in yoga, muscular, strength, and muscular endurance activities.
2. Demonstrate an understanding of health problems associated with inadequate fitness levels
3. At the end of the course the students will be able to understand traditional Indian Yoga systems; the philosophy of the Yoga systems and the new thought in Yoga movement in the country.
4. The students will be introduced to regular and rigorous practice of yoga practices that would make them disciplined and knowledgeable Yoga teachers.

Certificate of the event



Students List & Attendance of participants

DEVA MATHA COLLEGE KURAVILANGAD													
ADD ON COURSE- BASIC YOGA TRAINNG PROGRAMME 2021-22													
COMMERCE - CO-OPERATION (SF)													
SL NO	CL.NO	AD.NO	NAME	B/G	21/12/2021	23/12/2021	25/12/2021	26/12/2021	29/12/2021	31/12/2021	5/1/2022	7/1/2022	9/1/2022
1	21UG1101	2493	ANANTHU SALIM	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
2	21UG1102	2497	JITHIN BIJU	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
3	21UG1103	2521	NIVETH KRISHNA	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
4	21UG1104	2502	ANASWARA B RAJ	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
5	21UG1105	2501	SREEKUTTY. V S	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
6	21UG1106	2587	AJIN C BIJU	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
7	21UG1107	2569	AKASH S S	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
8	21UG1108	2568	AKHIL K S	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
9	21UG1109	2582	ALAN P JOHNSON	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
10	21UG1110	2571	ALBIN BAIJU	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
11	21UG1111	2554	ALEN SAJI	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
12	21UG1112	2580	ALEN SIBY	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
13	21UG1113	2560	AMAL JAMES	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
14	21UG1114	2588	ANANDHU K AJI	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
15	21UG1115	2555	ANANTHA KRISHNAN K.P	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
16	21UG1116	2603	ARJUNKRISHNA S	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
17	21UG1117	2567	ARUN GEORGE N G	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
18	21UG1118	2563	AYUSH TOMY	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
19	21UG1119	2676	BENNET JAIN	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
20	21UG1120	2526	GOUTHAM KRISHNA S	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
21	21UG1121	2627	HARIKRISHNAN BABU	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
22	21UG1122	2561	HARIKRISHNAN S	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
23	21UG1123	2564	JOHAN MATHEWS BINU	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att

DEVA MATHA COLLEGE KURAVILANGAD													
ADD ON COURSE- BASIC YOGA TRAINNG PROGRAMME 2021-22													
B.A English Literature ,Communication and Journalism Model III (Triple Main)													
SL NO	CL.NO	AD.NO	NAME	B/G	21/12/2021	23/12/2021	25/12/2021	26/12/2021	29/12/2021	31/12/2021	5/1/2022	7/1/2022	9/1/2022
1	21UG1001	2529	ADITHYAN.S	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
2	21UG1002	2557	ANOOP MATHAI	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
3	21UG1003	2511	ASHIN THOMAS	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
4	21UG1004	2518	HEMANTH THANKACHAN	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
5	21UG1005	2591	J ABHINAV	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
6	21UG1006	2607	JAYASANKAR A M	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
7	21UG1007	2509	MUHAMMAD ALTHAF	BOY	Att	Att	Att	Att	Att	Att	Att	Att	Att
8	21UG1008	2506	ADILA AISHA	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
9	21UG1009	2585	AKSHARA R S PILLAI	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
10	21UG1010	2515	ANN MARIA ROYSON	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
11	21UG1011	2593	ANUPAMA PRAKASH	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
12	21UG1012	2586	CHRISTY ANN MATHEW	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
13	21UG1013	2510	DAYANA BIJU	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
14	21UG1014	2602	JYOTHILAL P L	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
15	21UG1015	2524	LEONA MAXY	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
16	21UG1016	2517	RIYA JUSTIN	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
17	21UG1017	2516	SHARANYA ANIL KUMAR	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att
18	21UG1018	2579	TOSSY THOMAS	GIRL	Att	Att	Att	Att	Att	Att	Att	Att	Att

Malayalam

23	21UG723	44284	JAYALAKSHMI N G	GIRL	A	A	A	A	A	A	A	A	A	A
24	21UG724	44330	JEENA MATHEWS	GIRL	A	A	A	A	A	A	A	A	A	A
25	21UG725	44234	JUMANA JALEEL	GIRL	A	A	A	A	A	A	A	A	A	A
26	21UG726	44216	KAVYA GOPI	GIRL	A	A	A	A	A	A	A	A	A	A
27	21UG727	44303	MAREENA IMESH	GIRL	A	A	A	A	A	A	A	A	A	A
28	21UG728	44424	MAYALAKSHMI M	GIRL	A	A	A	A	A	A	A	A	A	A
29	21UG729	44177	NANDANA SURESH	GIRL	A	A	A	A	A	A	A	A	A	A
30	21UG730	44499	NIRMALA NANDINI ANAND	GIRL	A	A	A	A	A	A	A	A	A	A
31	21UG731	44202	ROSEMERIN JOJO	GIRL	A	A	A	A	A	A	A	A	A	A
32	21UG732	44336	RUKKUMOL ANTONY	GIRL	A	A	A	A	A	A	A	A	A	A
33	21UG733	44130	SANDHYA S	GIRL	A	A	A	A	A	A	A	A	A	A
34	21UG734	44134	SREELAKSHMI VIJAYAKUMAR	GIRL	A	A	A	A	A	A	A	A	A	A


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DEVA MATHA COLLEGE KURAVILANGAD														
ADD ON COURSE- BASIC YOGA TRAINNG PROGRAMME 2021-22														
MALAYALAM														
SL. NO	CL.NO	AD.NO	NAME	B/G	21/12/21	22/12/21	27/12/21	28/12/21	30/12/21	31/12/21	31/12/21	31/12/21	31/12/21	31/12/21
1	21UG701	44513	ABIN SIBY	BOY	Abin	Abin	Abin	Abin	Abin	Abin	A	Abin	A	A
2	21UG702	44548	ALAN BABU	BOY	Alan	Alan	Alan	Alan	Alan	Alan	A	Alan	A	A
3	21UG703	44382	ATHUL MADHAV RAJ	BOY	Athul	A	A	Athul	Athul	A	A	Athul	Athul	A
4	21UG704	44414	CHRISTY BOBAN	BOY	A	A	A	A	A	A	A	A	A	A
5	21UG705	44126	JOSSY DEVASIA	BOY	A	A	A	A	A	A	A	A	A	A
6	21UG706	44325	LIJO THOMAS	BOY	Lijo	Lijo	Lijo	Ljo	A	Ljo	Ljo	Ljo	Ljo	A
7	21UG707	44132	MIDHUN M	BOY	A	A	A	A	A	A	A	A	A	A
8	21UG708	44484	NANDU BALACHANDRAN	BOY	A	A	A	A	A	A	A	A	A	A
9	21UG709	44473	SOJIN THOMAS	BOY	A	A	A	A	A	A	A	A	A	A
10	21UG710	44322	SREENATH V K	BOY	Sreenath	Sreenath	Sreenath	Sreenath	A	Sreenath	Sreenath	Sreenath	A	A
11	21UG711	44410	VIJAY K MANOJ	BOY	Vijay	Vijay	Vijay	Vijay	Vijay	Vijay	A	Vijay	Vijay	A
12	21UG712	44413	ADITHYA MOHANAN	GIRL	A	A	A	A	A	A	A	A	A	A
13	21UG713	44483	AKSA GEORGE	GIRL	Aksa	A	Aksa	Aksa	Aksa	Aksa	Aksa	Aksa	Aksa	A
14	21UG714	44263	AKSHAYA PRADEEP	GIRL	Akshaya	A	Akshaya	Akshaya	Akshaya	Akshaya	A	Akshaya	Akshaya	Aksa
15	21UG715	44258	ALEENA P.B	GIRL	Aleena	Aleena	Aleena	Aleena	Aleena	Aleena	Aleena	A	Aleena	Aleena
16	21UG716	44521	ARCHANA M K	GIRL	Archana	Archana	Archana	Archana	Archana	Archana	A	Archana	Archana	A
17	21UG717	44433	ASWANI SANTHOSH	GIRL	Aswani	Aswani	Aswani	Aswani	Aswani	Aswani	A	Aswani	Aswani	A
18	21UG718	44462	DELNA JOHN	GIRL	Delna	Delna	Delna	Delna	Delna	Delna	A	Delna	Delna	Delna
19	21UG719	44314	DIYA ROSE SUNIL	GIRL	A	A	A	A	A	A	A	A	A	A
20	21UG720	44493	ELIZABETH JEEVA	GIRL	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	A	Elizabeth	Elizabeth
21	21UG721	44472	FATHIMATHUL SHAMLA FAIROOS FAROOQ	GIRL	A	A	A	A	A	A	A	A	A	A
22	21UG722	44174	GREENA JOY	GIRL	Greena	Greena	Greena	Greena	A	Greena	Greena	Greena	Greena	A

Zoology

22	21UG422	44502	SUJITH SHAJAN	BOY	a	a	a	a	a	a	a	a	a	a
23	21UG423	44545	ALAKANANDA	GIRL	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka
24	21UG424	44208	AMRITHANIDHI S	GIRL	Amr	Amr	Amr	Amr	Amr	Amr	Amr	Amr	Amr	Amr
25	21UG425	44324	ANGEL SKARIA	GIRL	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel
26	21UG426	44364	ANJALY M	GIRL	Anjal	Anjal	Anjal	Anjal	Anjal	Anjal	Anjal	Anjal	Anjal	Anjal
27	21UG427	44465	ARSHANA RAHIM	GIRL	a	a	a	a	a	a	a	a	a	a
28	21UG428	44320	DELLA MARTIN	GIRL	Della	Della	Della	Della	Della	Della	Della	Della	Della	Della
29	21UG429	44394	DEVAYANI BABU	GIRL	D	D	D	D	D	D	D	D	D	D
30	21UG430	44485	FLEMINA T K	GIRL	Flem	Flem	Flem	Flem	Flem	Flem	Flem	Flem	Flem	Flem
31	21UG431	44503	HARSHA A T	GIRL	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh
32	21UG432	44510	HRUDYA RAJ	GIRL	a	a	a	a	a	a	a	a	a	a
33	21UG433	44541	MARIYATH S M	GIRL	Mariy	Mariy	Mariy	Mariy	Mariy	Mariy	Mariy	Mariy	Mariy	Mariy
34	21UG434	44560	MERIN T JAMES	GIRL	Merin	Merin	Merin	Merin	Merin	Merin	Merin	Merin	Merin	Merin
35	21UG435	44297	RIYA MARIA JOSE	GIRL	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya
36	21UG436	44375	SREELAKSHMI S	GIRL	Sreela	Sreela	Sreela	Sreela	Sreela	Sreela	Sreela	Sreela	Sreela	Sreela

PRASEETHA MATHEW
Head, Dept. of Physical Education
Deva Matha College
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Kottayam, Kerala

DEVA MATHA COLLEGE KURAVILANGAD														
ADD ON COURSE- BASIC YOGA TRAINING PROGRAMME 2021-22														
ZOOLOGY														
SL NO	CL.NO	AD.NO	NAME	B/G	21/12/21	22/12/21	23/12/21	24/12/21	25/12/21	26/12/21	27/12/21	28/12/21	29/12/21	30/12/21
1	21UG401	44411	PRANAV BABU	BOY	a	a	a	a	a	a	a	a	a	a
2	21UG402	44530	SHIJUMON K L	BOY	Shiju	Shiju	Shiju	Shiju	Shiju	Shiju	Shiju	Shiju	Shiju	Shiju
3	21UG403	44466	VISHNU P	BOY	a	a	a	a	a	a	a	a	a	a
4	21UG404	44481	AISWARYA RAJ	GIRL	Aiswary	Aiswary	Aiswary	Aiswary	Aiswary	Aiswary	Aiswary	Aiswary	Aiswary	Aiswary
5	21UG405	44209	AISWARYA S	GIRL	a	a	a	a	a	a	a	a	a	a
6	21UG406	44240	ANJANA SHAJI	GIRL	Anjan	Anjan	Anjan	Anjan	Anjan	Anjan	Anjan	Anjan	Anjan	Anjan
7	21UG407	44151	ANJU SHAJI	GIRL	Anju	Anju	Anju	Anju	Anju	Anju	Anju	Anju	Anju	Anju
8	21UG408	44167	ELIZABETH JOSE	GIRL	El	El	El	El	El	El	El	El	El	El
9	21UG409	44406	FATHIMA FARZHANA	GIRL	Fathima	Fathima	Fathima	Fathima	Fathima	Fathima	Fathima	Fathima	Fathima	Fathima
10	21UG410	44538	KAVYARAJ B A	GIRL	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya
11	21UG411	44370	KRISHNAPRIYA SURESHKUMAR	GIRL	Kavya	a	a	Kavya	Kavya	a	a	Kavya	a	a
12	21UG412	44166	LAKSHMI SABU	GIRL	a	a	Laksh	a	Laksh	a	a	Laksh	Laksh	Laksh
13	21UG413	44369	NANDANA SUNIL	GIRL	Nand	Nand	Nand	Nand	Nand	Nand	Nand	Nand	Nand	Nand
14	21UG414	44241	TREESA SHAJI	GIRL	Treesa	Treesa	Treesa	Treesa	Treesa	Treesa	Treesa	Treesa	Treesa	Treesa
15	21UG415	44453	ABIN BABY	BOY	a	a	a	a	a	a	a	a	a	a
16	21UG416	44480	ABIN ISSAC	BOY	a	a	a	a	a	a	a	a	a	a
17	21UG417	44506	ADARSH SURESH	BOY	Adarsh	Adarsh	Adarsh	Adarsh	Adarsh	Adarsh	Adarsh	Adarsh	Adarsh	Adarsh
18	21UG418	44478	BALAGOPALAN V S	BOY	a	a	a	a	a	a	a	a	a	a
19	21UG419	44519	BILS THOMAS	BOY	Bils	Bils	Bils	Bils	Bils	Bils	Bils	Bils	Bils	Bils
20	21UG420	44558	JYOTHILAKSHMI P B	BOY	Jyothi	Jyothi	Jyothi	Jyothi	Jyothi	Jyothi	Jyothi	Jyothi	Jyothi	Jyothi
21	21UG421	44474	POWELL K J	BOY	Powell	Powell	Powell	Powell	Powell	Powell	Powell	Powell	Powell	Powell

PRASEETHA MATHEW
Head, Dept. of Physical Education
Deva Matha College
Kuravilangad - 686543
Kottayam, Kerala

DEVA MATHA COLLEGE KURAVILANGAD														
ADD ON COURSE- BASIC YOGA TRAINING PROGRAMME 2021-22														
BOTANY														
SL. NO	CL.NO	AD.NO	NAME	B/G	21/12/21	22/12/21	23/12/21	24/12/21	25/12/21	31/12/21	1/1/22	7/1/22	8/1/22	9/1/22
1	21UG301	44374	NAKULDAS K P	BOY	K	P	K	P	K	P	K	P	K	P
2	21UG302	44345	YEDUKRISHNAN.R	BOY	Y	R	Y	R	Y	R	Y	R	Y	R
3	21UG303	44296	ABHIRAMI SHAJI	GIRL	A	S	A	S	A	S	A	S	A	S
4	21UG304	44195	ABHIRAMY PRABHULAN	GIRL	A	P	A	P	A	P	A	P	A	P
5	21UG305	44226	AISWARYA BINU	GIRL	A	B	A	B	A	B	A	B	A	B
6	21UG306	44419	ASWATHI MANOHARAN	GIRL	A	M	A	M	A	M	A	M	A	M
7	21UG307	44555	KRISHNENDU K S	GIRL	K	S	K	S	K	S	K	S	K	S
8	21UG308	44399	MEENU THANKACHAN	GIRL	M	T	M	T	M	T	M	T	M	T
9	21UG309	44396	SETHULAKSHMI P V	GIRL	S	P	S	P	S	P	S	P	S	P
10	21UG310	44479	AFTHAB A	BOY	A	A	A	A	A	A	A	A	A	A
11	21UG311	44295	AJOMON MATHEW	BOY	A	M	A	M	A	M	A	M	A	M
12	21UG312	44293	ALEX VINOD	BOY	A	V	A	V	A	V	A	V	A	V
13	21UG313	44515	ARJUN JOSHY	BOY	A	J	A	J	A	J	A	J	A	J
14	21UG314	44207	JAYAKRISHNA K A	BOY	J	K	J	K	J	K	J	K	J	K
15	21UG315	44459	JAYAKRISHNAN.V.J	BOY	J	V	J	V	J	V	J	V	J	V
16	21UG316	44294	N B ROSHIN	BOY	N	R	N	R	N	R	N	R	N	R
17	21UG317	44347	ALAN MARIA	GIRL	A	M	A	M	A	M	A	M	A	M
18	21UG318	44395	ANUPAMA ARAVINDAN	GIRL	A	A	A	A	A	A	A	A	A	A
19	21UG319	44163	ARCHANA C A	GIRL	A	C	A	C	A	C	A	C	A	C
20	21UG320	44219	ASWATHY V S	GIRL	A	S	A	S	A	S	A	S	A	S
21	21UG321	44458	ELIZABETH JOHNS	GIRL	E	J	E	J	E	J	E	J	E	J
22	21UG322	44463	JOSNA VARGHESE	GIRL	J	V	J	V	J	V	J	V	J	V
23	21UG323	44398	LISNA JOSE	GIRL	L	J	L	J	L	J	L	J	L	J
24	21UG324	44334	RADHIKA RAJU	GIRL	R	R	R	R	R	R	R	R	R	R
25	21UG325	44542	VAHIBA M M	GIRL	V	M	V	M	V	M	V	M	V	M

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DEVA MATHA COLLEGE KURAVILANGAD														
ADD ON COURSE- BASIC YOGA TRAINING PROGRAMME 2021-22														
CHEMISTRY														
SL. NO	CL.NO	AD.NO	NAME	B/G	21/12/21	22/12/21	23/12/21	24/12/21	25/12/21	31/12/21	1/1/22	7/1/22	8/1/22	9/1/22
1	21UG201	44249	ACHU.K.S	BOY	A	C	A	C	A	C	A	C	A	C
2	21UG202	44291	JAISE JOHNY	BOY	J	J	J	J	J	J	J	J	J	J
3	21UG203	44455	SUBIN BABU	BOY	S	B	S	B	S	B	S	B	S	B
4	21UG204	44214	AMRITHA P S	GIRL	A	M	A	M	A	M	A	M	A	M
5	21UG205	44131	ANJITHA S NAIR	GIRL	A	N	A	N	A	N	A	N	A	N
6	21UG206	44145	ARATHI KRISHNAN	GIRL	A	K	A	K	A	K	A	K	A	K
7	21UG207	44197	ARATHY DINESAN	GIRL	A	D	A	D	A	D	A	D	A	D
8	21UG208	44232	ARYA K SURESH	GIRL	A	S	A	S	A	S	A	S	A	S
9	21UG209	44184	GAYATHRI N L	GIRL	G	N	G	N	G	N	G	N	G	N
10	21UG210	44237	NEHA PAUL	GIRL	N	P	N	P	N	P	N	P	N	P
11	21UG211	44159	SREEDEVI HARIMON	GIRL	S	H	S	H	S	H	S	H	S	H
12	21UG212	44348	SREEDHANYA M JAYAN	GIRL	S	M	S	M	S	M	S	M	S	M
13	21UG213	44402	ASWANTH E U	BOY	A	E	A	E	A	E	A	E	A	E
14	21UG214	44169	ROBIN JOSEPH	BOY	R	J	R	J	R	J	R	J	R	J
15	21UG215	44238	AMALA T R	GIRL	A	T	A	R	A	T	A	R	A	T
16	21UG216	44213	DRISYA D	GIRL	D	D	D	D	D	D	D	D	D	D
17	21UG217	44328	GAYATHRI M	GIRL	G	M	G	M	G	M	G	M	G	M
18	21UG218	44475	JANAKI SAMEERABHADRA	GIRL	J	S	J	A	J	S	J	A	J	S
19	21UG219	44339	ROSE MARIYA JOSEPH	GIRL	R	M	R	J	R	M	R	J	R	M
20	21UG220	44179	ROSMY TOMY	GIRL	R	T	R	M	R	T	R	M	R	T
21	21UG221	44427	SIVAPRIYA T.B	GIRL	S	T	S	B	S	T	S	B	S	T
22	21UG222	44158	T.B KRISHNAPRIYA	GIRL	T	B	T	K	T	B	T	K	T	B
23	21UG223	44182	ASWATHY AJITH	GIRL	A	J	A	T	A	J	A	T	A	J
24	21UG224	44222	SNEHA V BABU	GIRL	S	V	S	B	S	V	S	B	S	V

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PHYSICS													
SL NO	CL.NO	AD.NO	NAME	B/G	21/12/21	23/1/22	25/2/22	28/3/22	30/4/22	31/5/22	2/7/22	5/8/22	8/9/22
1	21UG101	44287	THOMSON VARGHESE	BOY	A	A	A	A	A	A	A	A	A
2	21UG102	44266	ALEENA M J	GIRL	A	A	A	A	A	A	A	A	A
3	21UG103	44156	ANNA BENNY	GIRL	A	A	A	A	A	A	A	A	A
4	21UG104	44247	ANOOJA JAYACHANDRAN	GIRL	A	A	A	A	A	A	A	A	A
5	21UG105	44141	APARNA R	GIRL	A	A	A	A	A	A	A	A	A
6	21UG106	44290	RELEN BOBY	GIRL	A	A	A	A	A	A	A	A	A
7	21UG107	44500	AKASH SHIBU	BOY	A	A	A	A	A	A	A	A	A
8	21UG108	44289	ALVIN SHOMY	BOY	A	A	A	A	A	A	A	A	A
9	21UG109	44392	EDWARD SHAJI	BOY	A	A	A	A	A	A	A	A	A
10	21UG110	44155	JITHIN DEV.R	BOY	A	A	A	A	A	A	A	A	A
11	21UG111	44405	ABHIRAMI LAKSHMI	GIRL	A	A	A	A	A	A	A	A	A
12	21UG112	44366	ACHSA ANNA GEORGE	GIRL	A	A	A	A	A	A	A	A	A
13	21UG113	44142	ANUSREE A NAIR	GIRL	A	A	A	A	A	A	A	A	A
14	21UG114	44454	CELIN P.BOBY	GIRL	A	A	A	A	A	A	A	A	A
15	21UG115	44360	CHRISTY ALEX MARTIN	GIRL	A	A	A	A	A	A	A	A	A
16	21UG116	44199	DIYA MARIA BABY	GIRL	A	A	A	A	A	A	A	A	A
17	21UG117	44149	SHARON TOMY	GIRL	A	A	A	A	A	A	A	A	A

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ADD ON COURSE- BASIC YOGA TRAINNG PROGRAMME 2021-22													
MATHEMATICS													
SL NO	CL.NO	AD.NO	NAME	B/G	21/12/2021	23/1/2022	25/2/2022	28/3/2022	30/4/2022	31/5/2022	2/7/2022	5/8/2022	8/9/2022
1	21UG01	44468	ADWAITH P S	BOY	A	A	A	A	A	A	A	A	A
2	21UG02	44191	ARJUN SAJEEVAN	BOY	A	A	A	A	A	A	A	A	A
3	21UG03	44201	AMRUTHA THOMAS	GIRL	A	A	A	A	A	A	A	A	A
4	21UG04	44255	ANGEL MERIN JOSE	GIRL	A	A	A	A	A	A	A	A	A
5	21UG05	44476	ANUPAMA SHIBU	GIRL	A	A	A	A	A	A	A	A	A
6	21UG06	44188	DEVIKA K R	GIRL	A	A	A	A	A	A	A	A	A
7	21UG07	44277	GATHA S KUMAR	GIRL	A	A	A	A	A	A	A	A	A
8	21UG08	44276	GOWRI S KUMAR	GIRL	A	A	A	A	A	A	A	A	A
9	21UG09	44403	HARITHA KRISHNA S	GIRL	A	A	A	A	A	A	A	A	A
10	21UG10	44218	SNEHA BENNY	GIRL	A	A	A	A	A	A	A	A	A
11	21UG11	44536	JITHU JOSEPH	BOY	A	A	A	A	A	A	A	A	A
12	21UG12	44243	KIRANDAS K H	BOY	A	A	A	A	A	A	A	A	A
13	21UG13	44223	ALEENA MANOJ	GIRL	A	A	A	A	A	A	A	A	A
14	21UG14	44256	ALEESHA PAULOSE	GIRL	A	A	A	A	A	A	A	A	A
15	21UG15	44242	DEEPA MARIA JOHNY	GIRL	A	A	A	A	A	A	A	A	A
16	21UG16	44172	DEVI NANDANA T S	GIRL	A	A	A	A	A	A	A	A	A
17	21UG17	44204	MEKHANA RAJESH	GIRL	A	A	A	A	A	A	A	A	A
18	21UG18	44239	NANDANA AJIKUMAR	GIRL	A	A	A	A	A	A	A	A	A
19	21UG19	44128	ROHINI K. M	GIRL	A	A	A	A	A	A	A	A	A

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24	21UG1124	2634	KIRAN K. BABU	BOY	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran
25	21UG1125	2556	MANAVET SABU	BOY	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet	Manavet
26	21UG1126	2528	NIKHIL JOSHY	BOY	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil
27	21UG1127	2495	NIKHIL THOMAS	BOY	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil
28	21UG1128	2562	SEBIN RAJU	BOY	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin	Sebin
29	21UG1129	2572	SIBIN ROBY	BOY	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin
30	21UG1130	2642	SIBIN SAGAR	BOY	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin	Sibin
31	21UG1131	2606	SIVADATH S	BOY	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath	Sivadath
32	21UG1132	2597	TONY MATHEW	BOY	Tony	Tony	Tony	Tony	Tony	Tony	Tony	Tony	Tony	Tony	Tony	Tony	Tony	Tony
33	21UG1133	2527	VARGHESE FRANCIS	BOY	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese	Varghese
34	21UG1134	2566	VIGNESH M A	BOY	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh
35	21UG1135	2570	ABHIRAMI M S	GIRL	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami	Abhirami
36	21UG1136	2552	ANAHA S	GIRL	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha	Anaha
37	21UG1137	2559	ANITHA ANTONY	GIRL	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha	Anitha
38	21UG1138	2551	ANJITHA MOHANAN	GIRL	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha
39	21UG1139	2596	ARCHANA B	GIRL	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana
40	21UG1140	2589	ARDRADEVI K S	GIRL	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi	Ardradevi
41	21UG1141	2500	BINITTA BOBAN	GIRL	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta	Binitta
42	21UG1142	2499	CHANDANA AJITH	GIRL	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana
43	21UG1143	2678	ELIZABETH GEORGE	GIRL	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth
44	21UG1144	2558	EMIL A B	GIRL	Emil	Emil	Emil	Emil	Emil	Emil	Emil	Emil	Emil	Emil	Emil	Emil	Emil	Emil
45	21UG1145	2520	NAYANA RAJESH	GIRL	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana
46	21UG1146	2523	RITHU S BABU	GIRL	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu	Rithu
47	21UG1147	2553	SHEEN MARIA MANUEL	GIRL	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen	Sheen


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Brincy Mathew

Dr. Brincy Mathew
Add-on Course General Coordinator


 Anil Mathew
 Principal
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