

# ATTENDANCE REGISTER

20 - 20



..... YOGA & MEDITATION .....

..... ADD-ON COURSE .....

**ASHOK PRESS**

Market Junction

**KOTTARAKARA**

Phone : 0474-2452144, 2451723



ATTENDANCE REGISTER

DEPARTMENT FOR THE MONTH OF .....20.....

Number	NAMES	No. of days casual leave already availed	Mat. Date	Month										
				12/18	20	27/18	3/18	17/10	24/9	3/19	7/10	12/10		
-1	Reshma Krishnan S			x	x	x	x	x	x	x	x	x	x	x
-2	Anju P.R.			x	x	x	x	x	x	x	x	x	x	x
3	Megha M.S			x	x	x	x	x	x	x	x	x	x	x
4	Aswathy S			a	x	x	x	x	x	x	x	x	x	x
5	Hanisha S.S			a	x	x	x	x	x	x	x	x	x	x
6	Kanya Viswanadh			a	x	x	x	x	x	x	x	x	x	x
7	Nandana U.R.			x	x	x	x	x	x	x	x	x	x	x
8	Surabhi S			a	x	x	x	x	x	x	x	x	x	x
x9	<del>Merin K. chacko</del>													
x10	<del>Anita Jacob</del>													
x11	<del>Vishnu Priya D.</del>													
12	Abhulya L. Pillai			a	a	a	a	a	a	a	a	a	a	a
13	Alaka Vinod			a	a	a	a	a	a	a	a	a	a	a
14	Sreelakshmi H			a	a	a	a	a	a	a	a	a	a	a
15	Apama A (Zoo/Phys)			x	x	x	x	x	x	x	x	x	x	x
16	Sneha R (Zoo)			x	x	x	x	x	x	x	x	x	x	x
17	Surya S Sasthyam (Phys)			x	x	x	x	x	x	x	x	x	x	x

DEPARTMENT FOR THE MONTH OF .....20.....											No. of days C/L availed during the month		Total No. of C/L availed		REMARKS						
15/10	19/10	26/10	2/11	16/11	23/11	30/11	7/12	9/12	16/12	17/12	20/12	23	24	25		26	27	28	29	30	31
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				
x	x	x	x	x	x	x	x	x	x	x							x				



Dr. SUMAN ALPANDUK  
ST. C. E. ...



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Number	NAMES	No. of days casual leave already availed	Eng. Date	Mat. Date	1	2	3	4	5	6	7	8	9	10
					18	Deepthi S (Phy)				x	x	x	x	x
19	Jisha Kurian (Phy)				x	x	x	x	x	x	x	x	x	x
20	Sumi Raju (Phy)				x	x	x	x	x	x	x	x	x	x
21	Geoni S (Zoo)				a	x	x	x	x	x	x	x	x	x
22	Arijana V-S (Zoo)				x	x	x	x	x	x	x	x	x	x
23	Maky Francis (Zoo)				x	x	x	x	x	x	x	x	x	x
24	Parvathy B-S (Zoo)				x	x	x	x	x	x	x	x	x	x
25	Navya Vijayan (Zoo)				x	x	x	x	x	x	x	x	x	x
26	Amrutha R. Nair (Zoo)				a	x	x	x	x	x	x	x	x	x
27	Lekshmi L (Zoo)				a	x	x	x	x	x	x	x	x	x

**DEPARTMENT FOR THE MONTH OF .....20.....**

11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days C/L availed during the month	Total No. of C/L availed	REMARKS
x	x	x	x	x	x	x	x	x	x								a						
x	x	x	x	x	x	x	x	x	x								a						
x	x	x	x	x	x	x	x	x	x								a						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						
x	x	x	x	x	x	x	x	x	x								x						

  
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# ST.GREGORIOS COLLEGE, KOTTARAKARA

## CERTIFICATE COURSE IN YOGA AND MEDITATION

“Yoga has a complete message for humanity. Yoga is a culture of the future, as it was in the past and in the present”

Theme: Happiness and Harmony for all through Yoga

### Objectives:

- To develop an understanding of yogic practices and apply this understanding accordingly in one's life and living
- To develop a healthy life style
- To develop harmony with the nature and universe
- Invoke scientific attitude and team spirit to channelize their energies into creative and constructive endeavors

**Duration :** This is a 40 hour Course. Extended over a period of six months duration

Admission Procedure : Candidates for admission to the course is restricted to the female students of this college. Interested students shall apply for admission at the time of notification in the prescribed form.

### Syllabus of the course

Syllabus is made to fulfil these objectives containing theory and practical sessions

Sl. No	Topic	Total hours of duration
1	Fundamental Principles and Techniques of Yogasana	5 Hours
2	Different Meditation Techniques	6 Hours
3	Applications of Yogasana	9 Hours
4	Practical Training in Yogasana	20 Hours

Total Duration : 40 Hours

### PART- 1 : THEORY

#### I Fundamental principles and Techniques of Yogasana

1. General introduction to Yoga,History and Development of Yoga
2. General introduction to Yogasanas
3. Classification of Yogasanas
4. Pre-requisites of asana practice
5. Introduction to Surya Namaskar and its health benefits



  
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## II Different Meditation Techniques

1. Pranayams
2. Different types of Surya Namaskar
3. Hatha Yoga

## III Applications of Yogasana

1. Yogasana for Women's health
2. Yogasana and their impact on the mind- body complex
3. Yogasana practice and perception of stress
4. Role of Yogasana in Healthy living
5. Yogasana for different age group

PART-II :PRACTICALS..... 20 Hours

### Examination

There will be an examination at the completion of the course and certificates shall be issued for the eligible.

Marks

Theory Paper	:	100 Marks
Practical	:	100 Marks
Total	:	200 Marks



  
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## St.Gregorios College , Kottarakara

### Yoga and Meditation 2019-2020

The science of Yoga is enjoying a resurgence in the present century people are increasingly turning to this ancient system devised by our ancestors to develop a healthy way of living .In this context in order to expand the knowledge of yoga in our students and help them to enhance their mental and physical health,the yoga centre of St.Gregorios College was started .We believe that a healthy mind and a healthy body is essential for the allround development of the students.



Classes are held on Saturdays and interested students take part on the 2 hour class without fail.The classes offer them a respite from the hectic academic schedule

Various asanas are practised for boosting the immunity,Concentration and metabolism of the students .The members of the yoga centre also celebrated the international yoga day on 21 st June .Feedback was collected from the students regarding the classes and students expressed their appreciation and gave their suggestions for the next year.



  
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I express my gratitude to management , principal, IQAC, PTA ,Students and all other well wishers for their support towards its activities.I hope this support continues for the coming years and may enhances our quest for a healthier planet. Thanking You

CO-ORDINATOR.

Beena G P

Assistant Professor

Department of Mathematics

  
Beena G.P.



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