



5.1.3 Details of Capacity Development and Skill Enhancement Activities

2015 – 2016

3. Life Skills (Yoga, Physical Fitness, Health and Hygiene)

(Click on the Programme name to view the report)

Sl. No.	Name of the capability enhancement programme	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
1.	Life skills – Life Skill Programme for all the UG Students	23-05-2015	1060	Faculties of Kristu Jayanti College
2.	Life skills – Life Skills Education[MCA]	16-07-2015	45	Computer Science department faculty members[PG]
3.	Life skills - Life skills Education for I semester PG students	16-07-2015	33	Faculties of Kristu Jayanti College
4.	Life skills – Life skill for I year MBA students	21-09-2015	30	Dr.Jonas Richard, Director, CLSE and other faculty members of the PG department



Kristu Jayanti College

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Bengaluru

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CENTRE FOR LIFESKILL EDUCATION

CIRCULAR

I Semester UG Classes

The Centre for Life Skill Education is conducting Life Skill Program for I Sem UG students from 23.05.2015 to 25.05.2015

The detailed information is available on the college notice board in the reception lobby.

For more details contact Dr. Jonas Richard A, Director, CLSE

Fr. Josekutty PD,

Principal

PRINCIPAL

Kristu Jayanti College Autonomous
K. Narayanapura, Kothanur PO
Bengaluru - 560077





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CENTRE FOR LIFESKILL EDUCATION

REPORT

Beneficiaries: All UG students

Date : 23rd- 25th May, 2015

Kristu Jayanti College had conducted a life skill education for UG students from 23rd May to 25th May 2017. For teaching them the ten core life skills for their wellbeing.

What are Life Skills? Life skills are behaviours that enable individuals to adapt and deal effectively with the demands and challenges of life. There are many such skills, but core life skills include the ability to: The Ten core Life Skills as laid down by WHO are:

1. **Self-awareness:** includes recognition of 'self', our character, our strengths and weaknesses, desires and dislikes. Developing self-awareness can help us to recognize when we are stressed or feel under pressure. It is often a prerequisite to effective communication and interpersonal relations, as well as for developing empathy with others.

2. **Empathy:** To have a successful relationship with our loved ones and society at large, we need to understand and care about other peoples' needs, desires and feelings. Empathy is the ability to imagine what life is like for another person. Without empathy, our communication with others will amount to one-way traffic. Worst, we will be acting and behaving according to our self-interest and are bound to run into problems.

3. **Critical Thinking:** Is an ability to analyze information and experiences in an objective manner. Critical thinking can contribute to health by helping us to recognize and assess the factors that influence attitudes and behavior, such as values, peer pressure and the media.

4. **Creative Thinking:** Is a novel way of seeing or doing things that are characteristic of four components – fluency (generating new ideas), flexibility (shifting perspective easily), originality (conceiving of something new), and elaboration (building on other ideas).

5. **Decision making:** Helps us to deal constructively with regard to the decisions about our lives. This can have consequences for our health. It can teach people how to actively make decisions about their actions in relation to healthy assessment of different options and, what effects these different decisions are likely to have.

6. Problem solving: Problem solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.

7. Effective communication: means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions and desires, and also needs and fears. And it may mean being able to ask for advice and help in a time of need. Coping with stress means recognizing the sources of stress in our lives, recognizing how this affects us, and acting in ways that help us control our levels of stress, by changing our environment or lifestyle and learning how to relax. Coping with emotions means involving recognizing emotions within us and others, being aware of how emotions influence behavior and being able to respond to emotions appropriately. Intense emotions like anger or sadness can have negative effects on our health if we do not respond appropriately.

8. Interpersonal relationship: skills help us to relate in positive ways with the people we interact with. This may mean being able to make and keep friendly relationships, which can be of great importance to our mental and social well-being. It may mean keeping, good relations with family members, which are an important source of social support. It may also mean being able to end relationships constructively.

9. Coping with stress: 95% of all the diseases are created by stress. Wrong beliefs like “I’m not good enough” or “Something is wrong with me” cause up to 95% of all illness and disease. The membrane of the cell is the brain of the cell, not the nucleus. Our beliefs are stored in the membrane of our cells. Unless we are fully aware of what we are doing and why we are doing it at every moment, we are always acting on our unconscious programming stored as beliefs in our cells. Scientific research has established that stress is the core factor in physical, mental, and emotional disease. Discovering how unconscious physical, mental and emotional habits create stress, aging, addiction and disease, through awareness and simple lifestyle changes reclaiming youthful vitality, joy and wellbeing.

10. Coping with emotions: Emotional Factors in Mental wellbeing our feelings are a wonderful barometer of our wellbeing. When we are not caught up in negative thinking, our feelings remain positive, and we feel joyful, loving and peaceful. When we are feeling fearful, angry, or depressed it is a sure sign that our thoughts have become negative and dysfunctional. Developing this awareness and making the decision to eliminate negative thinking can be dramatically life changing. Alter one’s own brain chemistry with thoughts of appreciation, gratitude, joy and love.

All the ten skills were taken according to the time table prepared. Students participated with enough enthusiasm and team spirit; they interacted well and shared their views in different sessions. Valediction of life skill training for the academic year 2015-16 was held on 25th May 2015 afternoon.



Life Skill Education – A Session on Stress Management



Life Skill Education – A Session on Creative Thinking

23.05.2015



Life Skill Education – A Session on Use of Life Skills in Everyday life



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CENTRE FOR LIFESKILL EDUCATION

Date: 23rd- 25th May, 2015

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	15LS1115	AAKIFAH AMREEN H E	✓
2	15MG1101	AANCHAL PEMMAIAH	✓
3	15MG1125	AARON GEORGE PINTO	✓
4	15CO1123	AARTI RANA	✓
5	15HU4101	AASHIK MATHEWS B PALIYATH	✓
6	15CS1121	AASHISH DULAL	✓
7	15CS1122	ABDUL MANNAN	✓
8	15MG1102	ABDUL HANNAN AHMED	✓
9	15CS1101	ABEL REJI	✓
10	13CO1101	ABEY ELDHO CHARLEY	✓
11	15CS1102	ABHASH MAGAR	✓
12	15CO1141	ABHIJITH R	✓
13	15CO1142	ABHILASH A	✓
14	13CO1102	ABHISHEK SINGH	✓
15	15CO1143	ABHISHEK A	✓
16	15HU4102	ABHISHEK PDE	✓
17	15CS1141	ABHISHIKTH A	✓
18	15LS1101	ABIN BENNY	✓
19	15CO1474	ABIN SCARIA	✓
20	15CS1103	ABIN THOMAS	✓
21	15MG1126	ABIN P BIJU	✓
22	15CO2123	ABIN SREEDHARAN KUTTY	✓
23	13CO1103	ABY RAJAN	✓
24	15CS1104	ACHARYA EUREKAMARY BHASKAR	✓
25	15CO1124	ACSAH R JACOB	✓
26	15MG1103	ADAMON MOHAMED KAFYL	✓
27	15MG1127	ADARSH V G	✓
28	15HU4103	ADARSH KURIAN	✓
29	15CO1101	ADHEENA LOHITH	✓

Sl. No	Registration Number	Full Name	Attendance
30	15CO1144	ADITHYA V	✓
31	15MG1104	ADITYA RAJ	✓
32	15MG1128	ADITYA SAH	✓
33	15CO1102	ADITYA SRINIVASAN	✓
34	15CS1123	ADWIN ROY	✓
35	15CS1124	AFRA KHADEEJA	✓
36	15MG1129	AFRIN HUSSAIN	✓
37	15CS1125	AGHIL JOY	✓
38	15CS1142	AHALYA MERCY A	✓
39	15CS1126	AHMED SHARIFF K	✓
40	15MG1141	AISHWARYA S	✓
41	15MG1142	AISHWARYA SURESH	✓
42	15MG1422	AISHWARYA V	✓
43	15CO3118	AISHWARYA BALARAMAN	✓
44	15CO3139	AISHWARYA LAKSHMI A V	✓
45	15CO3157	AISHWARYA MARY KOSHI	✓
46	15CO1125	AISHWARYA S	✓
47	15CO1103	AISHWARYA SRINIVASAN SOHIEN	✓
48	15HU3101	AISWARYA SEBASTIAN	✓
49	15CO4129	AJAY J PRAKASH	✓
50	15HU4148	AJAY KUMAR A	✓
51	15HU4104	AJAY SIBY	✓
52	15CO1104	AJITH H	✓
53	15CO1126	AJITH P R	✓
54	13CO1104	AJU SKARIA	✓
55	15CO1105	AJU GEORGE JAMES	✓
56	15LS2111	AKANKSHA ASHOK PARIT	✓
57	15MG1130	AKASH BALRAM	✓
58	15CO1106	AKASH MANUJI	✓
59	15CO1146	AKASH V	✓
60	15CS1127	AKHIL JOHN	✓
61	15CO1373	AKHIL MATHEW	✓
62	15CO4140	AKHIL N	✓
63	15CS1105	AKHIL A A	✓
64	15CO1107	AKHIL ANTONY	✓
65	15CO2124	AKHIL T L	✓
66	15MG1143	AKHILA R	✓

Sl. No	Registration Number	Full Name	Attendance
67	15LS2101	AKHILA P ANTONY	✓
68	15CS1106	AKKIM SANDHYA	✓
69	15HU5101	AKSA SAM	✓
70	15MG1105	AKSHAY A	✓
71	15CO4141	AKSHAY KUMAR R.M	✓
72	15CS1107	AKSHAY KUMAR S	✓
73	13CO1105	AKSHAY SIMON PAUL	✓
74	15CO3140	AKSHAY SINGH A	✓
75	15CO1147	ALAMELU R	✓
76	15CO1108	ALAN ABRAHAM	✓
77	15MG1106	ALAN JOSE PULIKODAN	✓
78	15MG1131	ALBIN V U	✓
79	15CO1109	ALEN P ABRAHAM	✓
80	15CO1110	ALICE LALREMRUATI NGENTE	✓
81	15CO2101	ALKA ANGELA JONES	✓
82	15CS1108	ALLAN M ABRAHAM	✓
83	15CS1128	ALLEN MONICA J	✓
84	15CO4101	ALLEN T JOSH Y	✓
85	15CO1127	ALPHIA LIZ VINCENT	✓
86	15CS1109	ALPHONSA JOSEPH	✓
87	15CO1128	ALPHONSA JOY	✓
88	15CS1129	ALVIN PHILIP	✓
89	15MG1107	ALVIN K THOMAS	✓
90	15MG1108	ALWIN ANTONY	✓
91	15CS1130	AMAL THOMAS	✓
92	15CO1129	AMAL G KURIAN	✓
93	15CO1111	AMAL JOY	✓
94	15CO1112	AMAL SABU	✓
95	15HU5102	AMALA JUSTY	✓
96	15CS1110	AMAN R	✓
97	15CS1131	AMANJOTH KOUR H	✓
98	15CO1130	AMARNATH S	✓
99	15HU5103	AMBET N KHONGLAH	✓
100	15HU3102	AMIT KUMAR DAS	✓
101	15LS1102	AMITHA ALFRED	✓
102	15CO1113	AMMU GEORGE	✓
103	15HU4149	AMREEN	✓

Sl. No	Registration Number	Full Name	Attendance
104	15HU4105	ANALYA ELEZABATH JOSE	✓
105	15HU5127	ANANYA SIKDAR	✓
106	15MG1133	ANAS ALI S	✓
107	15MG1134	ANCY S S	✓
108	15CO4130	ANEESH T U	✓
109	15MG1144	ANIL S	✓
110	15CO3101	ANIL JOY	✓
111	15CO1114	ANISH BABU	✓
112	15MG1135	ANITA T PATEL	✓
113	15CS1111	ANITTA SAJI	✓
114	15MG1145	ANJALI S	✓
115	15MG1109	ANJALY SANTY	✓
116	15MG1136	ANJANA ANN SAJI	✓
117	15CO1148	ANJANA D V	✓
118	15CO4102	ANJELYNE KHARKONGOR	✓
119	15CO1115	ANKIT SINGH	✓
120	15HU4150	ANMOL ALEX	✓
121	15CO1149	ANNIE THOMAS	✓
122	15HU4106	ANNU K ABRAHAM	✓
123	15CO1131	ANSON SABU	✓
124	15MG1137	ANSY ABRAHAM	✓
125	15MG1110	ANTO BABY	✓
126	15CO1116	ANTON FRANCIS	✓
127	15CO3119	ANTONETTE NISHITHA B P	✓
128	15CO4103	ANTONY LORANCE	✓
129	15CO2102	ANTU ELSE RAJU	✓
130	15LS2112	ANUDEEP MURALA	✓
131	15CO1117	ANUDH DAS	✓
132	15CO2140	ANUMOL MATHEW	✓
133	15MG1146	ANUP NOEL	✓
134	15CO1150	ANUSHA N	✓
135	15CO1151	ANUSHA NANDA KISHORE RAJ	✓
136	15CO1152	ANUSHA T S	✓
137	15LS1128	APARNA MOHANTY	✓
138	15MG1111	APHISEK SAHEE	✓
139	15CS1359	API YOKA	✓
140	15MG1112	APISIT SAHEE	✓

Sl. No	Registration Number	Full Name	Attendance
141	15CS1112	APOORVA BAHULEYAN E M	✓
142	15LS2102	ARATHI K	✓
143	15CO1118	ARCHANA	✓
144	15CO4142	ARCHANA P KUMAR	✓
145	15CO1153	ARCHANA S	✓
146	15LS1120	ARPITHA S	✓
147	15MG1138	ARSHAD HUSSAIN I	✓
148	15HU3121	ARSHITHA RAJAPPA	✓
149	15HU3127	ARTEE BISHT	✓
150	15CO3141	ARTHI R	✓
151	15HU3112	ARUL SINGH ADIEL VIJAY KUMAR	✓
152	15MG1113	ARUN FRANCIS	✓
153	15LS1103	ARUN ROBY	✓
154	15CO1154	ARUN D	✓
155	15CO1155	ARUNDHATHI K S	✓
156	15CO1119	ARVIND SINGH MEHRA	✓
157	15HU4146	ARYA MOHAN	✓
158	15CO1156	ARYA P R	✓
159	15CO1157	ARYAMOL V A	✓
160	15CS1143	ASHA K	✓
161	15HU4107	ASHLEIN ALICE THOMAS	✓
162	15MG1114	ASHLINE ANTO	✓
163	15MG1147	ASHLY MARY JOSEPH	✓
164	15HU5104	ASHWIN V THOMAS	✓
165	15MG1149	ASHWINI V	✓
166	15CO1158	ASHWINI A	✓
167	15MG1148	ASHWINI SHWETHA B	✓
168	15MG1139	ASWIN GOPINATH	✓
169	15CO2103	ASWIN RAJ O R	✓
170	15CS1132	ATHIBA BANU	✓
171	15LS2113	ATHIRA R NATH	✓
172	15HU5105	ATHULYA THANKACHAN	✓
173	15CS1113	AUSTINE P MATHEW	✓
174	15HU5129	AVINASH V	✓
175	15CO4104	AVISHNA N K	✓
176	15HU4108	AYUSHI PAREEK	✓
177	15MG1115	BALSME G MOMIN	✓

Sl. No	Registration Number	Full Name	Attendance
178	15CO1132	BARKATHULLA KHAN S	✓
179	15CS1133	BARSHA OLI	✓
180	15CO3142	BASAVALINGA G	✓
181	15CS1134	BASHEER AHMED K T	✓
182	15HU5106	BENIL SAHAYADHAS	✓
183	15CO3102	BENJAMIN LAZAR	✓
184	15CS1135	BENSON GEORGE	✓
185	15CS1210	BERYL ANDREWS	✓
186	15LS1104	BEULAH BIJU	✓
187	15MG1116	BEULAH PRIYANKA	✓
188	15HU4151	BHALKE DINESH KUMAR	✓
189	15CO1133	BHARATHI N	✓
190	15CO1159	BHARGAVI V	✓
191	15HU3126	BHAVAN V	✓
192	15CO1160	BHAVANA N	✓
193	15CO1161	BHAVANA N	✓
194	15CS1144	BHAVANI S	✓
195	15CO2104	BHAVYA SINGH	✓
196	15CO1162	BHOOMIKA S	✓
197	15CS1219	BHUVANA J	✓
198	15CO1120	BHUVANESHWARI H	✓
199	15CO3156	BIBIN MATHEW	✓
200	15CO1121	BICHU PAUL	✓
201	15CO4131	BILAL SHARIFF	✓
202	15HU4109	BINCY BIJU	✓
203	15HU4110	BINCY JOSEPH	✓
204	15MG1117	BINIL SAJI	✓
205	15LS1126	BIPIN KUMAR YADAV	✓
206	15HU5107	BIPUL BHUSAN NARZARY	✓
207	15CS1136	BLESSEN PAUL S S	✓
208	15LS1105	BLESSY LAWRENCE	✓
209	15HU4111	BLESSY THOMAS ANJILIMOOTTIL	✓
210	15CO1201	BOBBY GEORGE WATTACHERIL	✓
211	15CO1202	BRIGHT THOMAS	✓
212	15CO1203	BRIGHTWELL LAMIN	✓
213	15CO3103	BRIJESH BHARGAV S	✓
214	15CO3104	BRINDA SUSAN ABRAHAM	✓

Sl. No	Registration Number	Full Name	Attendance
215	15CO1204	CARMEL PETER	✓
216	15LS1116	CARVALHO PRIYA ANANDI	✓
217	15LS2103	CATHERINE MOSES	✓
218	15CO4105	CATHERINE P SAJU	✓
219	15CO1205	CELINE JOHN	✓
220	15LS1121	CHAHANA J	✓
221	15CO1163	CHAITHRA C	✓
222	15LS1122	CHAITHRA VAISHNAVI C	✓
223	15MG1150	CHANDAN V	✓
224	15CO1164	CHANDAN B	✓
225	15CO1165	CHANDANA M	✓
226	15HU4112	CHANDRA S	✓
227	15CO1301	CHARAN K	✓
228	15CS1114	CHENEPALLI BHARATH KUMAR	✓
229	15MG1151	CHETHAN A.S	✓
230	15LS2114	CHINNU ANJU VARGHESE	✓
231	15MG1152	CHIRAG GOWDA R	✓
232	15CO1166	CHIRANJEEVI	✓
233	15HU5108	CHISAKWASA R SANGMA	✓
234	15MG1356	CHOUDHURIMAYUM MINAKANTA	✓
235	15CO1206	CHRIS DARIUS	✓
236	15CO1207	CHRISTOPHER VARGHESE	✓
237	15CO4106	CHRISTY JOSE	✓
238	15CS1361	CHRISTY JOSE	✓
239	15CO3105	CHRISTY MARIA BABU	✓
240	15CO1167	CYNTHIA S	✓
241	15CO2105	CYRIL SIBY	✓
242	15MG1153	DAISY D	✓
243	15MG1140	DAMIEN DAS	✓
244	15CO1208	DANA MARIYAM JAMES	✓
245	15CO1135	DANIEL CORREA	✓
246	15HU5135	DANIEL ROBERT L	✓
247	15HU3103	DAPHNE MERCY M	✓
248	15CO1168	DARSHAN G	✓
249	15MG1223	DAVEEN NIVEDHA S	✓
250	15CO1136	DAVID LIVINGSTON E	✓
251	15CS1137	DEBORAH RAJU	✓

Sl. No	Registration Number	Full Name	Attendance
252	15CO1137	DEENA PAUL	✓
253	15MG1224	DEEPAK E	✓
254	15CS1138	DEEPAK J	✓
255	15CO1138	DEEPESH G NAIR	✓
256	15CO1209	DELISHIA TOM	✓
257	15CO1170	DELPHINA Y	✓
258	15MG1119	DENNIS SAMUEL JAYANTH S	✓
259	15CO1139	DEVIKA SATHEESAN	✓
260	15MG1154	DHAKSHITHA V	✓
261	15CO1140	DHARMADHEERAN P Y	✓
262	15CO2125	DIBIN BINOY	✓
263	15LS1106	DILLYN JOSHUA DCRUZ	✓
264	15MG1155	DINESH S	✓
265	15CS1145	DINESH KUMAR K	✓
266	15CO1222	DINU A JOSE	✓
267	15MG1225	DISHA A S	✓
268	15MG1121	DIVIN DOMINIC	✓
269	15MG1241	DIVYA K	✓
270	15CS1146	DIVYA V	✓
271	15CO3143	DIVYA BHARATI V	✓
272	15CO1223	DIVYA D SURANI	✓
273	15CS1362	DON BOSCO	✓
274	15CS1147	DOREEN NADIA	✓
275	15HU5109	EDELBERT KHARKONGOR	✓
276	15CO2106	EDWIN J MATHEW	✓
277	15CO1224	EDWIN RAYAN L	✓
278	15CO1225	EESA AHMED H	✓
279	15HU3104	ELEANOR MIKKIMCHI A SANGMA	✓
280	15CO1226	ELIZABETH JOY	✓
281	15CS1148	ESTELLA CHRISTOPHER DIAS	✓
282	15HU3129	ESTHER GULIVINDALA	✓
283	15MG1123	ESTHER ELIZABETH ABRAHAM	✓
284	15HU5130	ESTHER JAYAKUMAR	✓
285	15CO1210	EVIN K SEBASTIAN	✓
286	15HU4114	EVITA EDWARD	✓
287	15CO3144	EZEKIEL I	✓
288	15CO1171	EZEKIEL SOLOMON M	✓

Sl. No	Registration Number	Full Name	Attendance
289	15CO1227	FAKRUDDIN M	✓
290	15CO2139	FASALUDHEEN M S	✓
291	15MG1226	FATHIMA ZOHRA	✓
292	15MG1124	FEBIMOL	✓
293	15MG1259	FEBIN JOSH Y	✓
294	15MG1201	FEBIN SUNNY	✓
295	15HU4115	FEBY RAJAN	✓
296	15MG1202	FELIX MATHEW	✓
297	15MG1203	FERDINAND MUKHIM MARWEIN	✓
298	15MG1157	FOOK CHONG STEVEN CHUNG	✓
299	15HU3105	FREDRICK B L YNGDOH	✓
300	15CO1172	GAGAN PURUSHOTTHAM L	✓
301	15CO2135	GAHNAVI COPPARAM SATEESH	✓
302	15CO1242	GAUTHAM R	✓
303	15CS1149	GAYATHRI B	✓
304	15CO1243	GAYATHRI G	✓
305	15CS1115	GEET AJAY SHUKLA	✓
306	15CS1116	GEETANJALI GAUTAM	✓
307	15CO1228	GEETHA G	✓
308	15CO1244	GEETHA VARSHINI	✓
309	15MG1204	GEORGE THOMAS	✓
310	15CO2107	GEORGE K ABRAHAM	✓
311	15CO2126	GEORGE MATHEW	✓
312	15HU3106	GEORGE VARGHESE MATHEW	✓
313	15CS1160	GIFTY K GEORGE	✓
314	15CO1229	GOKUL KRISHNA T V	✓
315	15MG1242	GOPIKA N	✓
316	15CS1117	GOWTHAM M	✓
317	15CO3120	GOWTHAM HARI D	✓
318	15CO2127	GRACE K	✓
319	15CO1274	GUNDUMALA BALAJI PRASANNA	✓
320	15CS1150	HAMSA M	✓
321	15LS1117	HANNAH JESSICA DAWSON	✓
322	15MG1243	HARIHARAN PRABHU R	✓
323	15MG1205	HARIKA M	✓
324	15MG1244	HARISH GOWDA V	✓
325	15MG1206	HARITHA J	✓

Sl. No	Registration Number	Full Name	Attendance
326	15CO3121	HARITHA J	✓
327	15MG1245	HARSHINI U	✓
328	15LS1107	HARSHITHA P	✓
329	15CO1245	HARSHITHA H S	✓
330	15CO1246	HARSHITHAMARIA V	✓
331	15CO1230	HEMA JANGIR S	✓
332	15CO1247	HEMALATHA V	✓
333	15MG1246	HEMANTH KUMAR M	✓
334	15CO1248	HEMAVATHI B	✓
335	15HU4116	HEPHZIBAH BABY SHAJAN	✓
336	15CO3106	HEPHZIBAH PREETHI	✓
337	15MG1227	HIMA SHWETHA P M	✓
338	15CO1249	HIMAJA K	✓
339	15HU5110	IMLIONEN LONGKUMER	✓
340	15CO1250	INFANT JOSVA D	✓
341	15CO1251	INFANT KENNETH G	✓
342	15CO1252	INISHA S	✓
343	15CO2108	IRWIN VINCENT DSILVA	✓
344	15MG1208	IUMIE RITHIKA ALEX	✓
345	15CS1151	JACINTHA Z	✓
346	15CS1152	JACOB DAVID J	✓
347	15CS1118	JACOB ANAND RAJ	✓
348	15CO1211	JACOB MATHEW	✓
349	15CO1253	JAGALINGA B	✓
350	15MG1228	JAI KUMAR M	✓
351	15CO1212	JAIDEV ARAVIND	✓
352	15CO1254	JAIKISHAN M	✓
353	15CO1255	JAISURESH B	✓
354	15CO3107	JAKE TOMY MUKALEL	✓
355	15CO4148	JALLANG KONGKAL SANGMA	✓
356	15HU4117	JANET JAYA PRIYA S	✓
357	15LS2104	JANISHA I	✓
358	15MG1247	JANSI J	✓
359	15MG1248	JAYA U	✓
360	15CO1256	JAYSHELI J	✓
361	15CO1213	JEEVAN BABU	✓
362	15CO1214	JEEVAN JOSE	✓

Sl. No	Registration Number	Full Name	Attendance
363	15CO1231	JEEVITHA M	✓
364	15CO3122	JEFFIN BIJOY	✓
365	15HU5111	JEFFIN P FRANCIS	✓
366	15HU4118	JEFFY JOSE	✓
367	15CO1215	JEFRIS BENNY	✓
368	15CO4143	JENIFER S	✓
369	15CO1257	JENIFER NEWMAN J	✓
370	15CO1232	JENITA CARMEL D COUTO	✓
371	15HU4119	JENNA GEORGE	✓
372	15HU4120	JENNE VAMSHI KRISHNA	✓
373	15CO1233	JENNIFER J	✓
374	15CS1119	JEREMY TITUS V	✓
375	15MG1210	JEREMY BABY THOMAS	✓
376	15CO1216	JERIN JOSEPH KONKOTHRA	✓
377	15CO4107	JERRY OOMMEN JOHNSON	✓
378	15CO1234	JESSY C J	✓
379	15CO3145	JESSY SAMUEL	✓
380	15CO3108	JESTEENA THOMAS	✓
381	15CO4108	JESTINE KURIAN	✓
382	15HU4121	JEWEL TREESA JOMY	✓
383	15CS1201	JIBIN THOMAS	✓
384	15CO1235	JIJO BENNY	✓
385	15CO3109	JIJO JOSE THENGUMMOOTIL	✓
386	15CO3110	JIMMY MATHEW JOSEPH	✓
387	15HU3113	JINCY A JACOB	✓
388	15LS2105	JINSHA SAJU	✓
389	15CO3123	JISMARIA SCARIA	✓
390	15HU5112	JITHIN ABRAHAM	✓
391	15CO4109	JITHIN JOHN SHAJI	✓
392	15CO1122	JOB MATHEW	✓
393	15CO1217	JOE ROY MANJIYIL	✓
394	15CO4110	JOEL JOSE	✓
395	15CS1153	JOEL S	✓
396	15CS1202	JOEL CHACKO SAJI	✓
397	15MG1212	JOEL JACOB MATHEW	✓
398	15CO2128	JOFFIN RAJU	✓
399	15MG1214	JOHN HRANGKHAWL	✓

Sl. No	Registration Number	Full Name	Attendance
400	15MG1215	JOHN SABU	✓
401	15CS1260	JOHN STEPHEN D'DOUZA	✓
402	15MG1216	JOHNS P THOMAS	✓
403	15CO1236	JOMI THOMAS	✓
404	15CS1203	JOMIN JAISON	✓
405	15CS1154	JONAH FILMORE J	✓
406	15CO4111	JONATHAN BALARATNAM	✓
407	15MG1217	JONE EVANGELIN BRIGHT	✓
408	15HU3114	JONES JOHNY	✓
409	15CO3124	JOSE GEORGE	✓
410	15CO1218	JOSEPH MUNDASSERY	✓
411	15CO1476	JOSHUA EMMANUEL N	✓
412	15CO3111	JOSINE MERIN VARGHESE	✓
413	15CO1258	JOYAL K JOY	✓
414	15CO1219	JOYAL THAKADIPURATH AUGUSTINE	✓
415	15CO1220	JUBIN GEORGE	✓
416	15HU4122	JUBY JOHNSON	✓
417	15CS1204	JUDSON JOSEPH A	✓
418	15CS1205	JUSTIN SAJI	✓
419	15CO3125	JUSTIN SAMUEL	✓
420	15HU3131	JYOTHI ALPHONCE A	✓
421	15CO1237	JYOTHILAKSHMI M	✓
422	15CO1221	JYOTI SHUKLA	✓
423	15HU3115	JYOTI YADAV	✓
424	15HU4123	JYOTSANA MARIAM JOSE	✓
425	15MG1220	KABULO MUTAILONI	✓
426	15CO3146	KALAIVANI V	✓
427	15MG1229	KAMANA JALAN	✓
428	15CO3126	KAREEM SHARIEFF	✓
429	15MG1230	KARISHMA N	✓
430	15MG1221	KAROLIN TOMY	✓
431	15CS1206	KARTHIK P	✓
432	15CO1259	KASTHURI S	✓
433	15CO1260	KAVERI T	✓
434	15CS1155	KAVYA B	✓
435	15MG1250	KAVYA S	✓
436	15CS1156	KAVYA S	✓

Sl. No	Registration Number	Full Name	Attendance
437	15CS1263	KAVYA S	✓
438	15CO1238	KAVYA RAMESH	✓
439	15CO1239	KAVYA REDDY K C	✓
440	15CO1261	KAVYA S	✓
441	15CO1262	KAVYA SHREE A	✓
442	15CO1240	KAVYA T	✓
443	15CO1263	KAVYA Y	✓
444	15MG1251	KAVYASHREE S	✓
445	15HU4124	KEERTHANA K	✓
446	15CO1241	KEERTHANA R	✓
447	15CO1264	KEERTHANA R	✓
448	15CO1321	KEERTHI T R	✓
449	15CS1139	KEERTHIKUMAR P R	✓
450	15MG1222	KEERTHISH S	✓
451	15LS1127	KEREN NISHA J	✓
452	15CS1207	KEVIN EZEKIEL M	✓
453	15CO3158	KEVIN THOMAS KURIAN	✓
454	15HU4130	KHUPLIANMANG THANGSING	✓
455	15MG1252	KIRAN S	✓
456	15MG1253	KIRAN V	✓
457	15CO1265	KIRAN KUMAR R	✓
458	15CO1266	KIRAN KUMAR S	✓
459	15CO1267	KIRAN P	✓
460	15CS1157	KISHORE P	✓
461	15MG1231	KONDAVEETI LIPI SAIPRASAD	✓
462	15LS1108	KOPA PIERRY	✓
463	15CO3127	KRITHIKA VINOD	✓
464	15CO1268	KRUPA S	✓
465	15CO3147	KRUTHIK M	✓
466	15HU3116	KSHETRIMAYUM ARUNI DEVI	✓
467	15MG1232	KUDSIYA AFREEN	✓
468	15CO1302	KUMARI PRIYA	✓
469	15CO1322	KUMESH CHOUDHRY B	✓
470	15CO1303	KURIAPPAN MORRIS	✓
471	15CO1269	KUSUMA G	✓
472	15CO1270	LAKSHMIKANTH SHARMA R	✓
473	15CO1304	LALRAMDINA	✓

Sl. No	Registration Number	Full Name	Attendance
474	15MG1302	LANCE C JOSEPH	✓
475	15HU4125	LANI ZENA FERNANDEZ	✓
476	15CO3148	LAVANYA L	✓
477	15HU4126	LEAH LIZ JACOB	✓
478	15CS1158	LEENA JACOB	✓
479	15CO4113	LEO INFANT	✓
480	15CO1323	LEONIE SUZANA J	✓
481	15MG1233	LEYA THAMPI	✓
482	15CO2129	LIBIN VARGHESE	✓
483	15MG1254	LIDEYA RACHEL FRAZER	✓
484	15CS1159	LIJIN M	✓
485	15CS1238	LIKITHA V	✓
486	15CO1434	LIONEL JUDE S E	✓
487	15CO3149	LIYA LONAPPAN	✓
488	15CO4132	LIYAKATH AHMED	✓
489	15MG1304	LOKESH K M	✓
490	15CO2110	LOVELY MERLIN PAUL	✓
491	15MG1234	LOVIN VIJAY	✓
492	15CO1324	LYDIA S	✓
493	15CO3128	LYDIA SARAH MATHEW	✓
494	15CO1325	MADHUBALA P R	✓
495	15CO1305	MADHUMITHA S	✓
496	15CO1271	MADHUSHREE G V	✓
497	15CO1272	MAGALINE USHA M	✓
498	15CO1273	MAGDALEN RAJ C	✓
499	15CS1208	MAGGI MONIKA WILSON	✓
500	15CS1239	MAHESH G	✓
501	15LS1118	MAHESH SREEDHAR	✓
502	15MG1255	MALLESH NAIK R	✓
503	15HU5113	MALSAWMTLUANGI	✓
504	15MG1306	MALU MARIA BAIJU	✓
505	15CS1240	MAMATHA P	✓
506	15CS1220	MAMATHA R SUTHAR	✓
507	15MG1256	MANASA M S	✓
508	15CO1374	MANDAVA SUPRAJA	✓
509	15HU5131	MANISH KUMAR	✓
510	15CS1221	MANISHA YONG HANG	✓

Sl. No	Registration Number	Full Name	Attendance
511	15CS1222	MANIVEL N	✓
512	15CS1241	MANJU SHREE K	✓
513	15CS1242	MANJUSHREE M	✓
514	15CO1306	MANOJ PRABHAKAR MISHRA	✓
515	15CO1341	MANOJ R	✓
516	15CS1209	MARC WALTON A	✓
517	15CS1358	MARIA ARCHANA	✓
518	15MG1339	MARIA SHEETAL	✓
519	15CS1243	MARIA DAPHNEY S	✓
520	15HU4152	MARIA JENNIFER L	✓
521	15CO4144	MARIA MONICA Y	✓
522	15CO1307	MARIA NANCY S	✓
523	15CO1342	MARIA ROBIN R	✓
524	15CO4145	MARIA SANDHYA D	✓
525	15MG1340	MARIYA LEEMA B	✓
526	15CS1223	MARTIN P THOMAS	✓
527	15MG1341	MARY BASILICA A	✓
528	15CO4146	MARY JACQULINE A	✓
529	15CS1224	MARY LYNN CHAMMANY	✓
530	15CO1343	MARY MONICA X	✓
531	15CO1344	MARY SHERYL S	✓
532	15CO1477	MATHACHAN MATHEW	✓
533	15CO1308	MATHEW ROBERT	✓
534	15MG1307	MATHEWS TOMY	✓
535	15CO3129	MAYUR PATIL	✓
536	15CO4114	MEBIN MATHEW	✓
537	15LS2107	MEENU ELSA KURIAN	✓
538	15CS1225	MEENU K MONEY	✓
539	15HU3107	MEGHA KURIAN	✓
540	15LS1123	MEGHANA D	✓
541	15CS1226	MEHNAAZ I	✓
542	15CO1326	MELBI ANTONY	✓
543	15CS1244	MELVIN EBENEZER J	✓
544	15CO2136	MELVIN GERALD S	✓
545	15MG1308	MELWIN KUTTICHAN	✓
546	15CO1310	MERCY MAGLEEN C	✓
547	15HU4127	MERIN MARY WILSON	✓

Sl. No	Registration Number	Full Name	Attendance
548	15CO1311	MERLIN CHARLES	✓
549	15CO2111	MERLYN NIKITA P.F.	✓
550	15CO1345	MERLYN PAUL P	✓
551	15CO4115	MICHAEL LALRINAWMA	✓
552	15CO4133	MICHELLE BAYLISS	✓
553	15HU4128	MICHELLE ANN SAJU PHILIPS	✓
554	15CO1312	MINNU ANN KURIAN	✓
555	15CO1313	MISBAH MEHAK	✓
556	15CO1327	MITHA MANUEL	✓
557	15MG1235	MOHAMED RIYAZ	✓
558	15CO1328	MOHAMED MUSTAFA	✓
559	15CS1227	MOHAMED TANVEER AFSAR	✓
560	15CS1245	MOHAMMAD SAMSUDDIN J	✓
561	15MG1309	MOHAMMED AMJAD	✓
562	15MG1237	MOHAMMED AZARUDDIN	✓
563	15MG1238	MOHAMMED NADEEM	✓
564	15MG1236	MOHAMMED ABQAR K	✓
565	15MG1323	MOHAMMED AFNAN PASHA	✓
566	15MG1324	MOHAMMED EHTHISHAM P	✓
567	15MG1325	MOHAMMED FAIZAN PASHA	✓
568	15MG1207	MOHAMMED FARHAD I	✓
569	15CS1228	MOHAMMED IMDADULLA F	✓
570	15MG1310	MOHAMMED SHAFFAF C K	✓
571	15CS1229	MOHAMMED TABARAK HUSSAIN	✓
572	15HU5132	MOHAMMED TAYYAB	✓
573	15CO1346	MOHANA PRIYA S	✓
574	15MG1326	MOHIT M KURUP	✓
575	15HU4158	MONA L	✓
576	15MG1357	MONALISA .	✓
577	15CO4116	MONICA R	✓
578	15CO1329	MONICA P	✓
579	15CO1347	MONICA S	✓
580	15CO1348	MONIKA R J	✓
581	15CS1246	MONISHA R	✓
582	15MG1311	MONNAPPA K N	✓
583	15CS1211	MOORTHY M	✓
584	15CO1349	MOSESSAMPRES H C	✓

Sl. No	Registration Number	Full Name	Attendance
585	15MG1239	MOSHE J ARAKKAL	✓
586	15CS1230	MOUSUMI CHOWDHURY	✓
587	15HU5114	MR VETSHOLO SONO	✓
588	15HU4129	MRIGANKA MANDAL	✓
589	15CO2130	MUFEEED RAHMAN K P	✓
590	15CS1212	MUHAMMAD ZIYAD M K	✓
591	15CO2112	MUHAMMED FAYIS C	✓
592	15CO3112	MUHAMMED RIZAN P P	✓
593	15LS1109	MUJING TSHIKEZ	✓
594	15CS1247	MYTHILY M	✓
595	15MG1312	NADIL HASSAN MISTRY	✓
596	15LS2115	NAGA HEMA BINDU P	✓
597	15MG1342	NAGARAJ C	✓
598	15HU4159	NAMITHA MANOJ	✓
599	15CO2113	NAMITHA SREEKUMAR	✓
600	15CO1174	NANDINI MEHTA	✓
601	15CS1248	NANDINI S	✓
602	15CO2114	NANDITHA THOTTUPURATH SASIKUMAR	✓
603	15CS1213	NARASIMHULU T	✓
604	15MG1313	NAVEEN P	✓
605	15CO1314	NAVEEN KUMAR R	✓
606	15LS1110	NAVIN GEORGE	✓
607	15CO4117	NAVIN KUMAR M	✓
608	15HU5115	NAVYA DINAH SAJI	✓
609	15MG1314	NAZIM K	✓
610	15CO2132	NAZLEE	✓
611	15MG1327	NEHA N	✓
612	15CO2131	NEHA GEORGE	✓
613	15CO4134	NEHA NAMRATHA A P	✓
614	15CO1350	NEHA NIRMITHA G V	✓
615	15MG1343	NETHRA M	✓
616	15CS1214	NGONGO ZAHABU	✓
617	15CS1231	NIDHISH P P	✓
618	15CO2115	NIDHIYA MARIA THOMAS	✓
619	15HU3108	NIHALA MUNEER	✓
620	15CO1315	NIKETHA R	✓

Sl. No	Registration Number	Full Name	Attendance
621	15CO4118	NIKHIL DAHIYA	✓
622	15CO3130	NIKHIL NELSON J	✓
623	15CO1351	NIKHITHA PRINCY A	✓
624	15HU3130	NIKITA GABIL MOMIN	✓
625	15LS2116	NIKITHA SRINIVAS	✓
626	15CO1316	NIKITHA S	✓
627	15HU3109	NINGLAN H R	✓
628	15HU4153	NIPUNIKA REDDY N	✓
629	15CO4119	NIRMAL N SHAJU	✓
630	15CO1352	NIRUPAMA P	✓
631	15MG1328	NITHIN NAIR	✓
632	15CO1317	NITHIN GEORGE	✓
633	15HU5116	NITHIN JOSE	✓
634	15CO1353	NITHIN M	✓
635	15HU3110	NITHIN THOMAS	✓
636	15MG1344	NITHYA SHREE K S	✓
637	15CO1330	NITHYA VARGHESE	✓
638	15CO4120	NITIN PARERA	✓
639	15CS1215	NITIN TITUS	✓
640	15CS1262	NOOPURA JOY	✓
641	15MG1315	NORBU DHONDUP	✓
642	15HU2123	OM PRAKASH PM	✓
643	15MG1316	OMAR FAHEEM	✓
644	15CO3113	PALKIN GOYAL	✓
645	15MG1345	PALLAVI A	✓
646	15CO1354	PALLAVI P K	✓
647	15HU4131	PAMELA BHUTIA	✓
648	15LS1111	PAULLY NELSON JOSEPH	✓
649	15CS1249	PAVAN KUMAR D	✓
650	15CS1250	PAVITHRA B	✓
651	15CO4147	PAVITHRA R	✓
652	15CO3131	PAVITHRA P	✓
653	15CO3150	PAVITHRA R	✓
654	15MG1317	PHILIP MATHEW	✓
655	15CS1232	PINJARI AMEER BASHA	✓
656	15MG1346	POOJA	✓
657	15CO1475	POOJA D	✓

Sl. No	Registration Number	Full Name	Attendance
658	15CS1251	POOJA D	✓
659	15CS1216	POOJA DAHAL	✓
660	15MG1347	POOJA K	✓
661	15CS1357	POOJA S	✓
662	15HU4154	POOJA GUPTHA	✓
663	15CO1355	POOJA N	✓
664	15LS2117	PRADEEK P	✓
665	15MG1318	PRADEEP YADAV	✓
666	15MG1348	PRADEEP KUMAR A	✓
667	15CS1233	PRAGATHI BOSCO	✓
668	15MG1319	PRAKASH DAS	✓
669	15CS1234	PRAKASH PREETHAM	✓
670	15CS1252	PRAMILA V	✓
671	15CO4135	PRAMOD R	✓
672	15CS1253	PRAMOD CHANDRA B G	✓
673	15MG1329	PRANAY JAYAKUMAR	✓
674	15CO1318	PRASAD NAVNEETH	✓
675	15CO1356	PRASANNA S	✓
676	15CO4136	PRASANTH .	✓
677	15MG1349	PRASHANTH K	✓
678	15CO1357	PRASHANTH G	✓
679	15MG1257	PREEJA SAJAN	✓
680	15CS1217	PREETESH A	✓
681	15MG1350	PREETHI FAUSTINA	✓
682	15CO1358	PREM KUMAR	✓
683	15CO1331	PREMA G V	✓
684	15CO1319	PRISCILLEGLOIRELEITA MANDZELA	✓
685	15CO4149	PRITHVI S	✓
686	15CS1235	PRIYA M	✓
687	15HU4155	PRIYA .	✓
688	15MG1351	PRIYA C K	✓
689	15CS1254	PRIYANKA N	✓
690	15CO1332	PRIYANKA KUMARI S	✓
691	15MG1352	PRIYANKA MARY J	✓
692	15CO1333	PUJA DEBBARMA	✓
693	15MG1320	PULLUKANDY DARSHAN DEV	✓
694	15CS1140	PYARJITH V P	✓

Sl. No	Registration Number	Full Name	Attendance
695	15CO3151	QURAM A	✓
696	15CO3132	QURAT UL AIN	✓
697	15CS1218	RABINA BISTA	✓
698	15MG1330	RACHANA PRADEEP P	✓
699	15CS1301	RACHEL STEFFI	✓
700	15CO1359	RACHEL PRABHAKAR	✓
701	15CO1334	RACHEL VICTORIA F	✓
702	15CS1302	RACHITH R NAIR	✓
703	15CO1320	RADHIKA R	✓
704	15CO3152	RAGHAVENDRA M	✓
705	15CS1255	RAHUL THOMAS	✓
706	15CO1401	RAHUL RAO K	✓
707	15CO2116	RAHULRAJ	✓
708	15LS1112	RAJATHA M	✓
709	15CO1360	RAJDHANUSH A C	✓
710	15CO1335	RAJITHA K	✓
711	15MG1321	RAKESH MATHEW VERGHESE	✓
712	15HU2122	RAKSHIT R	✓
713	15CO1361	RAKSHITHA B N	✓
714	15MG1322	RALPH MATHEW JACOB	✓
715	15MG1401	RAMACHANDRAN N	✓
716	15CO1362	RAMAKRISHNA REDDY K P	✓
717	15CS1236	RAMYA D	✓
718	15CO4150	RAMYA R	✓
719	15CO1336	RAMYA R	✓
720	15MG1156	RAMYA R K	✓
721	15CO1363	RAMYASHREE K A	✓
722	15MG1402	RANDOLF MCRAE K SANGMA	✓
723	15CO4151	RASHMI R	✓
724	15HU3117	RASHMI KUMARI	✓
725	15LS1119	RASHMI M SHETTY	✓
726	15CO1337	RASHMI R	✓
727	15CO1364	RAVI KIRAN G	✓
728	15CS1256	RAYMOND M	✓
729	15CO4137	REBECCA R	✓
730	15CO3133	REEMA JOSEPH	✓
731	15CO3134	REENA KUMARI	✓

Sl. No	Registration Number	Full Name	Attendance
732	15MG1403	REMEKY NONGTDU	✓
733	15CS1303	RENCE K SAJI	✓
734	15CS1304	RENIT ANTHONY	✓
735	15MG1404	RENJAN VARGHESE KURUVILLA	✓
736	15CS1237	RENNYA RAJ	✓
737	15HU5133	RESTIN A ROY	✓
738	15CS1305	REVANTH A	✓
739	15CS1306	RICHARD JAMES	✓
740	15CS1307	RICHIN REJU VARGHESE	✓
741	15CO1402	RIMIO TANGSONG	✓
742	15CO1338	RINJU JOY	✓
743	15CS1319	RISHAB CHHETRY TIWARI	✓
744	15CO1339	RISHABH RAKESH	✓
745	15MG1355	RISHAN ABDULLA PAROATHKANDI	✓
746	15MG1406	RIYA NELSON	✓
747	15LS2118	RIYA PAUL	✓
748	15CO1365	RIZWANA BARVIN	✓
749	15CO3135	ROBIN ROBERT PEREIRA	✓
750	15MG1407	ROHAN PATROSE RAJAN	✓
751	15CS1308	ROHIT MARIO PRABHU	✓
752	15CS1309	ROHITH JAYADEVAN	✓
753	15CO3114	ROJI M TONY	✓
754	15CO4121	RON PHILIP	✓
755	15HU3122	ROOPA R	✓
756	15CO1403	ROSE DAIZE	✓
757	15CO1404	ROSHAN GEORGE	✓
758	15CO1405	ROSHAN SURYA M	✓
759	15CO4152	ROSHINI D	✓
760	15HU4132	ROSHINI RACHEL KIRUPAKARAN	✓
761	15CO1340	ROSHITH KRISHNAN	✓
762	15CO1367	ROSHNI T	✓
763	15HU5119	ROZAREEN DAPHISHA DKHAR	✓
764	15CS1257	RUBY BASLICA K	✓
765	15CS1360	RUFUS GEORGE	✓
766	15CO1406	RUTH JAMES THOMAS	✓
767	15HU5120	RUTH YIMCHUNGER	✓
768	15CS1310	SACHIN MOHANDAS	✓

Sl. No	Registration Number	Full Name	Attendance
769	15CO1407	SACHIN PHILIP THOMAS	✓
770	15CS1337	SADHANA P	✓
771	15CS1120	SADHANANDHAN B	✓
772	15MG1408	SAFWAN RAFIQ MAJGAONKAR	✓
773	15MG1333	SAHAJ S YOHANNAN	✓
774	15MG1353	SAHANA S	✓
775	15CS1320	SAHIL POUDYAL	✓
776	15CO1408	SAHIL NAZEER	✓
777	15CS1338	SAI SHAKSHITH RAJU S	✓
778	15CO1368	SAI SIRI K C	✓
779	15LS1113	SAIKAT DAS	✓
780	15HU4156	SAIQUA MAHEEN M A	✓
781	15HU4113	SAISHA SUNMEET BANERJEE	✓
782	15MG1334	SALEM SAJID SAYED	✓
783	15MG1159	SALMAN AHMAD	✓
784	15CO4138	SAM FRANCIS ROZARIO	✓
785	15CO1369	SAMEERAHMAAD T	✓
786	15MG1409	SAMSON EASO	✓
787	15MG1410	SAMSON K SABU	✓
788	15HU3123	SAMSON M	✓
789	15CS1258	SAMUEL S	✓
790	15CO1370	SAMUEL A	✓
791	15MG1444	SAMUEL TITUS B	✓
792	15CO2117	SANDEEP M	✓
793	15MG1411	SANDHYA H	✓
794	15CO4139	SANDHYA S	✓
795	15CS1339	SANDHYA S	✓
796	15CO2137	SANDHYA B	✓
797	15CO1423	SANDHYA C H	✓
798	15HU5121	SANDYA SUDHAKARAN	✓
799	15CO1409	SANGAY THINLAY	✓
800	15MG1335	SANGEETHA K	✓
801	15CS1321	SANGEETHA PRIYA K	✓
802	15LS2108	SANIYA STEPHEN	✓
803	15MG1446	SANJAY S	✓
804	15HU5136	SANJAY A	✓
805	15MG1445	SANJAY KUMAR R	✓

Sl. No	Registration Number	Full Name	Attendance
806	15CO3159	SANKARA NARAYANAN S	✓
807	15HU4133	SANKSHIPTA MOHANTY	✓
808	15CS1340	SANTHOSH KUMAR	✓
809	15MG1336	SANTHOSH R	✓
810	15MG1413	SANTHOSH THANKAPPAN	✓
811	15CO1371	SANTHOSH M S	✓
812	15CS1341	SANU KRITHIKA M	✓
813	15CO4122	SARA CHARLY	✓
814	15HU3124	SARAH JOSEPH M	✓
815	15CO2133	SARANG RAJ	✓
816	15CO4153	SARANYA E	✓
817	15CO4154	SARANYA R	✓
818	15LS2120	SARANYA DEVI K	✓
819	15CO1410	SARANYA S	✓
820	15CS1342	SARAVANA M	✓
821	15CS1322	SARAVANA KUMAR M G	✓
822	15HU4134	SARIN STEPHEN	✓
823	15CO1411	SASWATI BARIK	✓
824	15MG1337	SATHISH S	✓
825	15CS1343	SATISH A	✓
826	15LS1124	SATISH L	✓
827	15HU4135	SAUMYA MANIDHAR	✓
828	15CO1412	SAVIO KEN JOHN	✓
829	15HU4136	SAVITHRI K BHATTATHIRIPPAD	✓
830	15CO1424	SAYEHA V ROOSHI	✓
831	15MG1240	SHADAB MOHD KHAN	✓
832	15MG1338	SHAGUFTHA KHANUM Z L	✓
833	15CS1323	SHAHID AFREEDI A	✓
834	15MG1426	SHAHIR SHAHAD K P	✓
835	15CO1372	SHAILA A	✓
836	15CO1442	SHALDU P S	✓
837	15CO4155	SHALINI M	✓
838	15CS1344	SHALINI S	✓
839	15CO1413	SHALU JOSEPH	✓
840	15HU4137	SHANE WILSON	✓
841	15CO1425	SHANMUGAM REDDY E B	✓
842	15CO1443	SHANTHA KUMAR T R	✓

Sl. No	Registration Number	Full Name	Attendance
843	15CO4123	SHANU MATHEW	✓
844	15CO4124	SHARIQ UR RAHMAN	✓
845	15CO1444	SHARMILA D	✓
846	15CO3153	SHARNIA BASIL S	✓
847	15CO2118	SHARON REJI	✓
848	15HU4138	SHARON USOU	✓
849	15CO4125	SHAWN A ANTONY	✓
850	15HU4139	SHAWO NAMGYAL	✓
851	15CO1426	SHEETAL SINGH S	✓
852	15CS1261	SHEIK FARIDH NOWFAL NZ	✓
853	15HU4140	SHERIN MARIA SAJI	✓
854	15CO2119	SHERIN MERIN SAJEESH	✓
855	15CO1414	SHERYL ALEX	✓
856	15CS1312	SHERYL BEULAH DAVID	✓
857	15CS1345	SHILPA V	✓
858	15CO1427	SHILPA SONIA S	✓
859	15CS1346	SHILU P M	✓
860	15CO1428	SHINE RAJ S P	✓
861	15CO1415	SHIVA GHOSH	✓
862	15MG1427	SHOBA G	✓
863	15CO1445	SHOBHA BAI V	✓
864	15CO2120	SHON D'CUNHA	✓
865	15CO1429	SHRAVANI P	✓
866	15MG1447	SHRAVYA M V	✓
867	15HU5122	SHREEDHU RANJAN	✓
868	15MG1428	SHREYAS P	✓
869	15CS1347	SHRUTHI R	✓
870	15HU4157	SHRUTHI MOHAN	✓
871	15CO1446	SHRUTHI P	✓
872	15MG1219	SHRUTHIKA PRISCILLA K	✓
873	15MG1429	SHUBHAM AGARWAL	✓
874	15MG1430	SHUBHAM GUPTA	✓
875	15CO3115	SHUBHAM KUMAR JAIN	✓
876	15HU4141	SHWETA ANN NEBU	✓
877	15HU4142	SHWETA SINHA	✓
878	15CS1324	SHWETHA V	✓
879	15CO1447	SHWETHA R	✓

Sl. No	Registration Number	Full Name	Attendance
880	15MG1249	SIDDHANT KUMAR	✓
881	15MG1414	SILLA THANKAM SUNNY	✓
882	15HU5123	SIMON JANGMINTHANG	✓
883	15CO1134	SIMRAN S	✓
884	15MG1448	SINDHU J	✓
885	15MG1332	SINDHU S	✓
886	15MG1431	SIRISHA T	✓
887	15CO4156	SKANDA SWAROOP K	✓
888	15CO4112	SMERA MARY SAM	✓
889	15MG1432	SMITHA SUZAN P	✓
890	15LS2109	SNEHA C P	✓
891	15CO1448	SNEHA J	✓
892	15CO1145	SNEHA REBECCA BABU	✓
893	15CO2121	SNEHA REBECCA KOSHY	✓
894	15CO1430	SOHAIL	✓
895	15MG1433	SOLOMON MARK MONDAL	✓
896	15CO1449	SONIA C	✓
897	15HU3118	SOPHIA F SOLOMON	✓
898	15CO1450	SOUJANYA A	✓
899	15CO2134	SOUMYA MAHENDRAN	✓
900	15CO1451	SOWMYA B	✓
901	15MG1305	SOWMYA MITHRA M	✓
902	15MG1434	SOYAL P TOM	✓
903	15CO1431	SRAYA C K	✓
904	15MG1449	SREEJA M	✓
905	15CO1416	SREEVIDYA NALLAMUTHU	✓
906	15CO1417	SREYAS THOMAS TOM	✓
907	15MG1450	SRI DEVI B	✓
908	15MG1354	SRIHARI MURALIDHAR	✓
909	15LS2119	SRIKANTH P RAMANKUTTY	✓
910	15CO1452	SRILATHA B	✓
911	15CO1453	SRINIVAS H R	✓
912	15CS1313	SRIPRIYA S	✓
913	15CO3136	SRIPRIYA K	✓
914	15MG1415	STAN M PHILIP	✓
915	15CO1175	STANLEY JOHNSON VARGHESE	✓
916	15HU4143	STECY SAJI	✓

Sl. No	Registration Number	Full Name	Attendance
917	15HU4144	STEFFI CHINNU THOMAS	✓
918	15CS1348	STEFFI LEENA A	✓
919	15HU3111	STEFFICA J NONGRUM	✓
920	15CO1432	STELLA S	✓
921	15CS1314	STEPHEN ARUN ABRAHAM	✓
922	15MG1416	STEPHEN K MATHEWS	✓
923	15CO1418	STEPHEN S	✓
924	15MG1417	STEVE BOSCO ROZARIO	✓
925	15HU3128	SUBALLA S	✓
926	15CO1454	SUBEEN THOMAS	✓
927	15MG1451	SUBHASH V	✓
928	15CO1455	SUDHA RANI K	✓
929	15MG1452	SUHAS B	✓
930	15CO1456	SUJAY K A	✓
931	15CO1433	SUMA CHAKRABARTY	✓
932	15MG1435	SUMAIYA M P	✓
933	15MG1218	SUMAN B	✓
934	15CO1419	SUNDER R	✓
935	15HU4145	SUNGJEMPLILA AIER	✓
936	15CO3116	SUNIL KUMAR	✓
937	15CO3154	SUNIL KUMAR R	✓
938	15CS1315	SUNIL KUMAR S	✓
939	15CS1325	SUNITHA A	✓
940	15CS1349	SUNITHA MARY S	✓
941	15CO1457	SUNNY RAJ S	✓
942	15CO1458	SUPRIYA H C	✓
943	15CO1459	SUPRIYA S	✓
944	15CO1460	SUREKHA B	✓
945	15MG1453	SURESH C	✓
946	15CO1461	SURYA PRAKASH R	✓
947	15MG1436	SUSENDAR KUMAR G	✓
948	15MG1437	SWASTIKA GHOSH	✓
949	15CS1350	SWATHI A	✓
950	15CS1351	SWATHI P	✓
951	15MG1258	SWATHI S	✓
952	15CO3117	SWATI MENON	✓
953	15HU5128	SWETHA MATHEWS	✓

Sl. No	Registration Number	Full Name	Attendance
954	15CO3155	SWETHA M	✓
955	15CS1326	SYED ANWAR	✓
956	15MG1438	SYED IDRIS	✓
957	15MG1439	SYED TOWHID	✓
958	15CS1327	SYED SAIF HUSSAIN	✓
959	15CS1328	SYED VALID AHMED	✓
960	15MG1418	SYLVIAN A S	✓
961	15CO2138	SYNTYCHE PEARL S	✓
962	15CO1435	TAMILHAZHAGAN T	✓
963	15LS2122	TANYA RACHAEL THOMAS	✓
964	15CO1420	TARUN KURIAN JACOB	✓
965	15CO1436	TASKEEN FATHIMA	✓
966	15CO1173	TEJA RANI L	✓
967	15MG1454	TEJAS M B	✓
968	15CO1462	TEJASHWANI H J	✓
969	15CO1463	TEJESHWINI B	✓
970	15CO4126	TESSA JOSE	✓
971	15CO1437	THANUJA P	✓
972	15MG1419	THARA SARA SKARIAH	✓
973	15MG1455	THEJASH B NAIK	✓
974	15CS1329	THILAK SOLOMON A	✓
975	15HU3125	THOHRII A	✓
976	15CS1330	THOMAS P AFREM	✓
977	15MG1420	TILSON JOSEPH	✓
978	15MG1456	TINDU ROBERT	✓
979	15HU4147	TINTU MARIAM CHERIAN	✓
980	15HU5124	TOKIUMONG MR	✓
981	15CO1421	TOM JOSEPH	✓
982	15CS1316	TOMIN XAVIOUR SEBASTIAN	✓
983	15MG1421	TSERING NORBU	✓
984	15MG1440	UMAIR AKHTAR	✓
985	15CO1464	USHA S	✓
986	15CO3137	UTKARSH SHARMA	✓
987	15CS1317	UTTAM KUMAR GIRI	✓
988	15CS1352	VAISHALI KUMARESHAN	✓
989	15LS2123	VAISHNAVI G	✓
990	15CO4157	VAISHNAVI V	✓

Sl. No	Registration Number	Full Name	Attendance
991	15CO1438	VAISHNAVI V	✓
992	15CO4158	VAMSHI KIRAN C	✓
993	15MG1457	VANEESA VARGHESE	✓
994	15CO4159	VANITHA V	✓
995	15CO4127	VANLAL HLIMPUII	✓
996	15CS1331	VED PRAKASH N	✓
997	15MG1423	VENKATESH PRASAD P	✓
998	15CO4128	VERONICA J	✓
999	15CS1318	VERONICA TREZA	✓
1000	15HU5125	VICKEY M	✓
1001	15CO1465	VICTORIA A	✓
1002	15CO1466	VIDYA	✓
1003	15CS1332	VIDYA V K	✓
1004	15CO1467	VIGNESH KUMAR ELUMALAI	✓
1005	15MG1458	VIJAY S	✓
1006	15CO1468	VIJAY JONAS RAJ	✓
1007	15CS1353	VIJAYALAKSHMI J	✓
1008	15CS1333	VIJAYALAKSHMI N	✓
1009	15CO1439	VIJITHA K V	✓
1010	15MG1441	VIMAL RAJ	✓
1011	15MG1158	VIMAL KUMAR V	✓
1012	15CO1469	VINAY G	✓
1013	15CO1470	VINAY KUMAR R	✓
1014	15CS1162	VINAY KUMAR RAO	✓
1015	15CS1354	VINAY KUMAR S	✓
1016	15CO1471	VINEETH D	✓
1017	15CO4160	VINEETHA M	✓
1018	15MG1459	VINOD KISHORE G B	✓
1019	15CS1334	VINODH R SEERVI	✓
1020	15CO1472	VINUTHA A	✓
1021	15CO2122	VISHAL JOSEPH KURIEN	✓
1022	15CS1335	VISHNU MENON	✓
1023	15CS1355	VISHNU S	✓
1024	15HU3120	VISHWAJITH S NAIR	✓
1025	15CO1440	VIVEK TIWARI	✓
1026	15CS1336	VYSHNAV BABU BK	✓
1027	15LS1114	WESHE KUPA	✓

Sl. No	Registration Number	Full Name	Attendance
1028	15MG1442	WORTHEM P S	✓
1029	15CS1356	YAMINI B	✓
1030	15LS1125	YAMINI V	✓
1031	15CO1473	YAMUNA G	✓
1032	15MG1424	YAPO JEAN YVES AUDREY	✓
1033	15HU2121	YASH YADAV	✓
1034	15MG1425	YASH TIMOTHY JAI	✓
1035	15CO1422	ZACHARIA MATHEW	✓
1036	15LS2110	ZAHIRI ELIEL SALOME	✓
1037	15CO1441	ZAIBA ANJUM	✓
1038	15CO3138	ZAINA FARHEEN SAIF	✓
1039	15CS1161	ZAINAB KHANUM	✓


Director, CLSE




PRINCIPAL
Kristu Jayanti College Autonomous
K. Narayanapura, Kothanur PO
Bengaluru - 560077



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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DEPARTMENT OF HUMANITIES

Life Skill Programme for all the UG Students

Participation Certificate

This is to certify that **EVITA EDWARD (15HU4114)** has participated in the **Life Skill Programme for all the UG Students** organized by the **Department of Humanities**, Kristu Jayanti College (Autonomous), Bengaluru from **23-05-2015 to 25-05-2015**.

Dr. Jonas Richard A

Coordinator

Fr. Josekutty PD

Principal



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CENTRE FOR LIFESKILL EDUCATION

CIRCULAR

I Semester MCA Classes

The Centre for Life Skill Education is conducting Life Skill Program for I Sem MCA students from 16.07.2015 to 20.07.2015

The detailed information is available on the college notice board in the reception lobby.

For more details contact Dr. Jonas Richard A, Director, CLSE

Fr. Josekutty P D,

Principal

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CENTRE FOR LIFESKILL EDUCATION

REPORT

Beneficiaries: I Semester MCA

Date : 16th - 20th July 2015

The Life Skills Program was conducted for five days at Kristu Jayanti College for MCA Students on July 16, 2015, to July 20, 2015. Each session was taken for an hour by the respective lecturers as resource persons with a total of 10 sessions and related activities were conducted. The objective of the Life Skills session was to adopt a positive behaviour that enables humans to deal effectively with the demands and challenges of real life and to create a stable, calm, safe and secure living and learning environment.

Self-Awareness: The capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals. Resource person: Prof. Arunadevi

Empathy: The capacity to understand or feel what another person is experiencing from within their frame of reference, i.e., the capacity to place oneself in another's position. Resource person: Prof. Vani Chakraborty

Creative Thinking: A phenomenon whereby something new and valuable is formed. Activities were performed, such as puzzle solving and riddle to test our critical thinking ability. Resource person: Prof. Velmurugan

Critical Thinking: It is the objective analysis of facts to form a judgment. Resource Person: Dr. Ambika

Problem Solving: Involves using the generic method in an orderly manner to find solutions to problems. Resource Person: Dr. Ambika

Decision Making: The cognitive process resulting in the selection of a belief or a course of action among several alternative possibilities. Resource Person: Dr. Kumar

Communication: It is the act of conveying meanings from one entity to another through the use of mutually understood signs. Resource Person: Dr. Jyothi Manoj

Interpersonal Relationships: An interpersonal relationship is a strong, deep association or acquaintance between two or more people that may range in duration from brief to enduring. Resource Person: Dr. Jyothi Manoj

Coping with Emotions: Implies that if good or bad news is there, one should not lose control of oneself, however, one should not suppress the emotions. Resource Person: Prof. Sevuga Pandian

Stress Management: It is the wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, usually for the purpose of improving everyday functioning. Activities and games were performed by everyone, giving each one of us an experience in managing stress. Resource Person: Prof. Muruganantham.

Students participated with enough enthusiasm and team spirit; they interacted well and shared their views in different sessions. Valediction of life skill training for the academic year 2015-16 was held on 20th July 2015.



16.07.2015



Life Skill Education – A Session on Creative thinking

16.07.2015





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CENTRE FOR LIFESKILL EDUCATION

Date: 16th - 20th July 2015

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	14CS40124	MD EBRAHIM IMAM	✓
2	15CS40101	ABIJITH BENNY	✓
3	15CS40102	AIMY K JOHN	✓
4	15CS40103	ALBERT BENNY	✓
5	15CS40104	ANGELA CELESTEENA	✓
6	15CS40105	ARYA PETER P.A	✓
7	15CS40106	CHRIS ANTU THOMAS	✓
8	15CS40107	JIJO JOSEPH	✓
9	15CS40108	JINTO ANTONY	✓
10	15CS40109	JISHA V CHACKO	✓
11	15CS40110	JOBITH M BASHEER	✓
12	15CS40111	JOE CLINTON M	✓
13	15CS40112	JOEL MATHEW	✓
14	15CS40114	KURIAN GEORGE CHERIPURATHU	✓
15	15CS40116	MILAN ETRICH I	✓
16	15CS40117	MUTUM JONEX SINGH	✓
17	15CS40118	NEHA PAUL	✓
18	15CS40119	NETHRA MATHISU	✓
19	15CS40120	NIDHIN A MANJALY	✓
20	15CS40121	NIKHIL SHIBU	✓
21	15CS40122	PIYUSH SATYAM	✓
22	15CS40123	SABU M BABU	✓
23	15CS40124	SAUD IMRAN G	✓
24	15CS40125	SONU ABRAHAM K	✓
25	15CS40126	SUDEEP P	✓
26	15CS40127	SUDEEP STEPHEN	✓
27	15CS40128	SANGEETHA S	✓
28	15CS40130	MOHAMED MUBASHEER	✓

Sl. No	Registration Number	Full Name	Attendance
29	15CS40132	ARAVINDAN M	✓
30	15CS40133	DANIEL A	✓
31	15CS40134	KORA GANESH	✓
32	15CS40135	SHRUTHI C D	✓
33	15CS40137	ASHWINI BABURAO BIRADAR	✓
34	15CS40139	AKHILESH JOHN	✓
35	15CS40140	JABESH RANJITANAND MONI	✓


Director, CLSE




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DEPARTMENT OF COMPUTER SCIENCE (UG)

Life Skills Education[MCA]

Participation Certificate

This is to certify that **JERIN JOHN V (16CS40208)** has participated in the **Life Skills Education[MCA]** organized by the **Department of Computer Science (UG)**, Kristu Jayanti College (Autonomous), Bengaluru from **16-07-2015 to 20-07-2015**.

Dr. Jonas Richard A

Coordinator

Fr. Josekutty PD

Principal



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CENTRE FOR LIFESKILL EDUCATION

CIRCULAR

I Semester PG Classes

The Centre for Life Skill Education is conducting Life Skill Program for I Sem PG students from 16.07.2015 to 17.07.2015

The detailed information is available on the college notice board in the reception lobby.

For more details contact Dr. Jonas Richard A, Director, CLSE

Fr. Josekutty PD,

Principal

PRINCIPAL

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CENTRE FOR LIFESKILL EDUCATION

REPORT

Beneficiaries: All PG Students

Date : 16th -20th July 2015

The Centre for Life Skills Education (CLSE), Kristu Jayanti College in collaboration with Rajiv Gandhi National Institute of Youth Development (RGNIYD), an Institute of National Importance under Ministry of Youth Affairs & Sports, Government of India organized a Capacity Building Training on Life Skills from 16th July 2015 to 20th July 2015.

The course was conducted for Postgraduate students. The certificate course consisted of ten core life skills promoted by World Health Organization (WHO), namely Self- awareness, Empathy, Creative Thinking, Critical Thinking, Problem Solving, Decision Making, Communication, Inter-Personal Relationship, Coping with Stress and Coping with Emotions. The session started with an introduction to Life skills by Dr. Jonas Richard A, Director Center of Life skills Education. The following session were taken by the faculty members of Kristu Jayanti College respectively Dr. S.Vijayanand, Dr. I. Jerry Richards, Ms. Apoorva U, Dr. Challaraj Emmanuel E. S., Dr. Emmanuel D., Dr. Elcey C. D., Dr. Sonia Angeline, Dr. Winnie Joyce, Dr. Selvam Arjunan, Mrs. Priya Akkara. The last session of feedback and valedictory was headed by Dr. Jonas Richard A. The ten core life skills which were promoted are very beneficial in constructing and polishing an individual's personality. These skills equip a person with the capabilities to lead a well-grounded life.

The faculty members who conducted the classes were trained by RGNIYD. Dr. Jonas Richard A, Director, Centre for Life Skills Education, Kristu Jayanti college stated that the main goal of

conducting the classes was to help students to be happy and to adapt different life skills in order to respond positively to the demands of everyday life. The purpose behind the three days programme was to help the students of first year Post Graduation to be prepared for their future in the college and it would help them cope with the initial stress as well as train them to be responsible citizens.

A person equipped with the knowledge of life skill has various opportunities in every endeavour of life as the person would be in a position to skillfully handle situations since he would be having a deep understanding about the matter.

In a world that has a surplus supply of candidates who are graduating each year on a search for acceptable job opportunities, life skills make one stand apart from the crowd. Life skill training would help the individual not only to be a good leader but also to be adjustable to any kind of situations in life.



Life Skill Education – A Session on IPR



Life Skill Education – A Session on Coping with Emotions



Life Skill Education – A Session on Empathy



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CENTRE FOR LIFESKILL EDUCATION

Date: 16th -20th July 2015

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	15MG20101	ABDUL KAREEM AHMAD OTHMAN	✓
2	15SO10101	ABEL VARGHESE	✓
3	15MG20201	ABHIJITH K.G	✓
4	15SO10102	ACHSAH G THOMAS	✓
5	15MG20203	ACHU TOM	✓
6	15HU60101	AGNES NEICHANKIM HAOKIP	✓
7	15MG20102	AJAY SEBASTIAN	✓
8	15PS10102	AJESH MATHEW	✓
9	15MG20103	AKHIL JOY	✓
10	15MG20347	AKSHATA P	✓
11	15MG20341	AKSHEYA KILE	✓
12	15SO10127	ALAN J	✓
13	15MG20301	ALAN A PREM KUMAR	✓
14	15LS40110	ALEENA MARIA JOSHY	✓
15	15MG20204	ALEN SUNNY	✓
16	15PS10103	ALICE MARIA ELIZABETH FRANCIS	✓
17	15MG20205	ALPHONSE RANI MATHEW	✓
18	15MG20206	ALPHY JOY	✓
19	15MG20207	ALWIN TOMY	✓
20	15MG20104	ANAGHA RAJ	✓
21	15MG20209	ANEENA ANN KOTTOOR	✓
22	15MG20105	ANEETA SEBASTIAN	✓
23	15MG20210	ANISH JOSEPH BOMSON	✓
24	15PS10104	ANITHA MARY MATHEW	✓
25	15HU60102	ANJALI THERESA GEORGE	✓
26	15PS10105	ANJALI TRESA VELIATH	✓

Sl. No	Registration Number	Full Name	Attendance
27	15MG20211	ANJU V SAJU	✓
28	15PS10106	ANN ANGELIN MATHEW	✓
29	15HU60103	ANN MARY THOMAS	✓
30	15MG20302	ANOOP E S	✓
31	15MG20108	ANTONY JOSEPH	✓
32	15MG20109	ARIYA ELIZABATH JAISON	✓
33	15MG20212	ARJUN VIJAYAN	✓
34	15MG20213	ARUN THOMAS	✓
35	15MG20342	ARUNKUMAR J	✓
36	15MG20110	ASHISH JAMES	✓
37	15PS10108	AUGUSTIN JOSEPH M	✓
38	15MG20111	AVIN VARGHESE BENNY	✓
39	15PS10107	AYESHA ANJUM	✓
40	15SO10104	BETTINA LANCELOT	✓
41	15MG20112	CINCY THOMAS	✓
42	15PS10109	COSTA BRITO	✓
43	15MG20303	DAZY MENDONSA	✓
44	15MG20113	DEEPA AEROTHOTT	✓
45	15MG20304	DEEPAK KIRAN I	✓
46	15MG20216	DENIT JACOB	✓
47	15MG20114	DIBU EIPE KURIAN	✓
48	15MG20305	DIVYA MV	✓
49	15HU70101	DIVYABHARATHI SAGARA KSHEERA	✓
50	15MG20306	DIVYAPRIYA S	✓
51	15MG20115	EBIN THOMAS	✓
52	15MG20131	G NAYANA SOHAN	✓
53	15MG20307	GAUTAM PRADEEP GURAV	✓
54	15MG20116	GEORGE MATHEW	✓
55	15MG20117	GEORGEENA TOM	✓
56	15SO10105	GIJO GEORGE	✓
57	15MG20308	GIRIDHARAN K	✓
58	15PS10110	GOMES JACINTA LAVINA	✓
59	15SO10106	GRACE BABU	✓
60	15PS10111	HALEEMA SADIYA	✓

Sl. No	Registration Number	Full Name	Attendance
61	15SO10107	HARSHA BABY	✓
62	15MG20309	HRIDHU R	✓
63	15SO10108	ISWARYA G	✓
64	15SO10109	JACKLINE SANGEETHA G	✓
65	15HU60105	JAVAIRIA NOUSHEEN	✓
66	15MG20118	JAYALAKSHMI R	✓
67	15MG20119	JEENA FRANCIS	✓
68	15MG20120	JEFFREY BEN ALEX	✓
69	15MG20121	JEON RICHIE	✓
70	15MG20217	JERIN T JOHN	✓
71	15MG20218	JERRY DAVID THOMAS	✓
72	15LS40101	JESVIN PIXY	✓
73	15SO10110	JIJO JOSE	✓
74	15MG20122	JIMMY LUKOSE	✓
75	15PS10112	JINCY JOSEPH	✓
76	15MG20219	JINIT FRANCIS	✓
77	15MG20220	JITHIN THOMAS	✓
78	15MG20221	JITHIN JIJI JOHN	✓
79	15MG20222	JITHIN N ANIL	✓
80	15PS10113	JIYA JOHNSON	✓
81	15PS10114	JOANNA JOICE JAYAKUMAR	✓
82	15MG20123	JOBIN J S	✓
83	15MG20224	JOBIN THOMAS	✓
84	15SO10111	JOBIN MATHEW	✓
85	15SO10112	JOBINS JOSEPH	✓
86	15SO10113	JOHN JOSE	✓
87	15MG20124	JOHNEY JOSEPH	✓
88	15MG20125	JOSEPH ANTONY	✓
89	15SO10114	JOYCE ANTONY	✓
90	15LS30101	JUBY J SAMUEL	✓
91	15HU60106	JYOTSNA EKKA	✓
92	15MG20310	KARTHIK A L	✓
93	15MG20226	KIRTHI R	✓
94	15MG20311	KISHORE A	✓

Sl. No	Registration Number	Full Name	Attendance
95	15LS30102	KOPA DEIGNAN HERMAN	✓
96	15PS10115	LALHRIATPUII FANAI	✓
97	15PS10116	LALNUNPUII	✓
98	15MG20312	LAVANYA NAVAD	✓
99	15MG20313	LEO JOHNSON C	✓
100	15MG20227	LIBIN SAM BYJU	✓
101	15SO10115	LIGOURI ASHLIN VARGHESE	✓
102	15MG20228	LIJOMON JOSEPH	✓
103	15PS10118	LINFORD ROYSTON DSOUZA	✓
104	15PS10119	LINTA TOM	✓
105	15MG20314	MADHUSUDHANA R	✓
106	15MG20315	MAHESH M	✓
107	15PS10120	MANPREETH	✓
108	15MG20346	MANTESH VITHAL	✓
109	15MG20316	MANU RAJU L P	✓
110	15PS10121	MARIA	✓
111	15PS10122	MARIA SUMITHA	✓
112	15SO10116	MARIANNE MULAMOOTTIL VARGHESE	✓
113	15MG20126	MARLIN JOSE	✓
114	15HU60107	MAYA SEBASTIAN	✓
115	15MG20317	MELVIN FERNANDES	✓
116	15MG20230	MERIN JOSH Y	✓
117	15MG20127	MICHAEL DAVID PHILIP	✓
118	15MG20128	MIDHUN THOMAS	✓
119	15MG20129	MOHAMED ASIF T	✓
120	15MG20318	MOHAMMAD AKHEEL	✓
121	15MG20231	MOHAMMED SAJAD	✓
122	15MG20319	MOHAMMED ZAFRULLA	✓
123	15MG20232	NAMITHA MARY	✓
124	15MG20320	NANCY DOSS A	✓
125	15MG20321	NAVEENKUMAR J	✓
126	15SO10117	NAVITHA JOSEPH	✓
127	15MG20322	NAYANA N	✓
128	15SO10128	NAZARENE IBANSHAI TARIANG	✓

Sl. No	Registration Number	Full Name	Attendance
129	15PS10123	NEHA SUSAN GEORGE	✓
130	15MG20132	NIMITA JOHNSON	✓
131	15MG20133	NOBLE GEORGE	✓
132	15PS10124	PAVITHRA JOAKIM	✓
133	15HU60108	PEARL AUGUSTINE	✓
134	15PS10139	POOJA SAINI	✓
135	15PS10125	POULOMI SIL	✓
136	15MG20349	PRASHANT DALAWAI	✓
137	15LS30103	PRASHEETHA P PRASAD	✓
138	15MG20235	PRAYSON JOSEPH	✓
139	15PS10126	PRICILLA JELLY	✓
140	15SO10118	PRINCE CHACKO MATHAI	✓
141	15MG20323	PRIYANKA S BABU	✓
142	15LS30104	PURNIMA S	✓
143	15MG20324	RABIYA FIRDOS	✓
144	15MG20134	RAINA GEORGE	✓
145	15LS40102	RAKHI RAJU	✓
146	15MG20325	RAKSHATA M	✓
147	15MG20237	RENCY SKARIAH	✓
148	15PS10127	RENI SUSAN THOMAS RAJU	✓
149	15SO10103	RIJIN JOSEPH RAJU	✓
150	15PS10128	RINCY JOY	✓
151	15MG20326	RINEESH R	✓
152	15PS10129	RINI GRACE ROY	✓
153	15HU60109	RITIKA UDAY PAWAR	✓
154	15MG20327	ROHAN BENEDICT	✓
155	15MG20328	ROHAN SIMON	✓
156	15MG20239	ROHIT R PATEL	✓
157	15MG20329	ROHITH B	✓
158	15HU70102	ROSEMOL VALIAVEETIL	✓
159	15MG20330	RUBEN T	✓
160	15PS10130	RUBY THOMAS	✓
161	15MG20241	SAJAY SABU P	✓
162	15PS10131	SALHA KT	✓

Sl. No	Registration Number	Full Name	Attendance
163	15MG20242	SANDEEP SUDHAKARAN	✓
164	15MG20331	SANDEEP S	✓
165	15PS10132	SANDRA SANTHOSH	✓
166	15LS40103	SANIYA SALOMI DAVIS	✓
167	15LS40104	SANJANA T	✓
168	15MG20343	SARAS KUMAR S P	✓
169	15MG20243	SEBIN JOSEPH	✓
170	15PS10101	SHAH KHUSHBOO KAMLESH NEETA	✓
171	15MG20332	SHAISTA ANJUM	✓
172	15PS10133	SHALOM MAMMEN THARAKAN	✓
173	15MG20244	SHEEN SIMON	✓
174	15MG20333	SHEHRAZ RABBANI S	✓
175	15MG20135	SHERINE K VARGHESE	✓
176	15PS10134	SHIELA TIGGA	✓
177	15MG20334	SHIJO E VARGHESE	✓
178	15SO10119	SHIMIL ABRAHAM	✓
179	15MG20245	SHINE JOSEPH	✓
180	15MG20335	SHIVALING	✓
181	15LS40105	SHWETHA N	✓
182	15MG20246	SILJA JOHNY	✓
183	15PS10135	SIMMY S CHERIAN	✓
184	15PS10136	SNIGDHA ASIRVATHAM	✓
185	15LS30105	SONA GEORGE	✓
186	15PS10137	SONIA	✓
187	15MG20247	SOORAJ S	✓
188	15SO10125	SOORAJ V. KUMAR	✓
189	15LS30106	SREE PRIYA S	✓
190	15LS30107	SREEJA R NAIR	✓
191	15LS40106	SREELEKSHMI K R	✓
192	15MG20336	SRINIVASA P	✓
193	15MG20337	SUDHA	✓
194	15MG20345	SUNILKUMAR N	✓
195	15MG20249	SUPRITHA S	✓
196	15LS30108	SUPRIYA PRAJAPATI	✓

Sl. No	Registration Number	Full Name	Attendance
197	15PS10138	SWETHA NARAYANAN	✓
198	15MG20344	SYED ZAID ASIM	✓
199	15SO10124	TESSLIN THOMAS MATHEW	✓
200	15MG20136	TOM JOSEPH	✓
201	15LS30109	TOYA NATH BHATTARAI	✓
202	15LS40108	TRESA JOHN	✓
203	15LS40109	USHA S	✓
204	15SO10120	VALENTINE	✓
205	15LS40111	VATTAKANDATHIL GINI GEORGE	✓
206	15MG20338	VEENA S	✓
207	15MG20339	VIGNESH M	✓
208	15SO10121	VIMAL VARGHESE	✓
209	15MG20348	VINAYKUMAR S	✓
210	15MG20250	VISHAL MATHEW	✓
211	15SO10122	WORTIM YULHUNG CHOTHE	✓
212	15MG20137	YOGITHA B	✓
213	15SO10123	ZITA VARGHESE	✓
214	15PS10102	AJESH MATHEW	✓
215	15PS10103	ALICE MARIA ELIZABETH FRANCIS	✓
216	15PS10104	ANITHA MARY MATHEW	✓
217	15PS10105	ANJALI TRESA VELIATH	✓
218	15PS10106	ANN ANGELIN MATHEW	✓
219	15PS10108	AUGUSTIN JOSEPH M	✓
220	15PS10107	AYESHA ANJUM	✓
221	15PS10109	COSTA BRITO	✓
222	15PS10110	GOMES JACINTA LAVINA	✓
223	15PS10111	HALEEMA SADIYA	✓
224	15PS10112	JINCY JOSEPH	✓
225	15PS10113	JIYA JOHNSON	✓
226	15PS10114	JOANNA JOICE JAYAKUMAR	✓
227	15PS10115	LALHRIATPUII FANAI	✓
228	15PS10116	LALNUNPUII	✓
229	15PS10118	LINFORD ROYSTON DSOUZA	✓
230	15PS10119	LINTA TOM	✓

Sl. No	Registration Number	Full Name	Attendance
231	15PS10120	MANPREETH	✓
232	15PS10121	MARIA	✓
233	15PS10122	MARIA SUMITHA	✓
234	15PS10123	NEHA SUSAN GEORGE	✓
235	15PS10124	PAVITHRA JOAKIM	✓
236	15PS10139	POOJA SAINI	✓
237	15PS10125	POULOMI SIL	✓
238	15PS10126	PRICILLA JELLY	✓
239	15PS10127	RENI SUSAN THOMAS RAJU	✓
240	15PS10128	RINCY JOY	✓
241	15PS10129	RINI GRACE ROY	✓
242	15PS10130	RUBY THOMAS	✓
243	15PS10131	SALHA KT	✓
244	15PS10132	SANDRA SANTHOSH	✓
245	15PS10101	SHAH KHUSHBOO KAMLESH NEETA	✓
246	15PS10133	SHALOM MAMMEN THARAKAN	✓
247	15PS10134	SHIELA TIGGA	✓
248	15PS10135	SIMMY S CHERIAN	✓
249	15PS10136	SNIGDHA ASIRVATHAM	✓
250	15PS10137	SONIA	✓
251	15PS10138	SWETHA NARAYANAN	✓


Director, CLSE




PRINCIPAL
Kristu Jayanti College Autonomous
K. Narayanapura, Kothanur PO
Bengaluru - 560077



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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SCHOOL OF MANAGEMENT

Life skills Education for I semester PG students

Participation Certificate

This is to certify that **CINCY THOMAS (15MG20112)** has participated in the **Life skills Education for I semester PG students** organized by the **School of Management**, Kristu Jayanti College (Autonomous), Bengaluru from **16-07-2015 to 20-07-2015**.

Dr. Jonas Richard A

Coordinator

Fr. Josekutty PD

Principal



Kristu Jayanti College

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CENTRE FOR LIFESKILL EDUCATION

CIRCULAR

I Semester MBA Classes

The Centre for Life Skill Education is conducting Life Skill Program for I Sem MBA students from 21.09.2015 to 22.09.2015

The detailed information is available on the college notice board in the reception lobby.

For more details contact Dr. Jonas Richard A, Director, CLSE

Fr. Josekutty P D,

Principal
PRINCIPAL

Kristu Jayanti College Autonomous
K. Narayanapura, Kothanur PO
Bengaluru - 560077





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CENTRE FOR LIFESKILL EDUCATION

REPORT

Beneficiaries: I Semester MBA

Date : 21st - 22nd September 2015

The Centre for Life Skills Education (CLSE), Kristu Jayanti College in collaboration with Rajiv Gandhi National Institute of Youth Development (RGNIYD), an Institute of National Importance under Ministry of Youth Affairs & Sports, Government of India organized a Capacity Building Training on Life Skills on 21st and 22nd September 2015.

The course was conducted for MBA C Section Postgraduate students. The certificate course consisted of ten core life skills promoted by World Health Organization (WHO), namely Self-awareness, Empathy, Creative Thinking, Critical Thinking, Problem Solving, Decision Making, Communication, Inter-Personal Relationship, Coping with Stress and Coping with Emotions. The session started with an introduction to Life skills by Dr. Jonas Richard A, Director Center of Life skills Education. The following session were taken by the faculty members of Kristu Jayanti College. The ten core life skills which were promoted are very beneficial in constructing and polishing an individual's personality. These skills equip a person with the capabilities to lead a well-grounded life.

The faculty members who conducted the classes were trained by RGNIYD. Dr. Jonas Richard A, Director, Centre for Life Skills Education, Kristu Jayanti College stated that the main goal of conducting the classes was to help students to be happy and to adapt different life skills in order to respond positively to the demands of everyday life. The purpose behind the three days programme was to help the students of first year Post Graduation to be prepared for their future in the college and it would help them cope with the initial stress as well as train them to be responsible citizens.

A person equipped with the knowledge of life skill has various opportunities in every endeavour of life as the person would be in a position to skillfully handle situations since he would be having a deep understanding about the matter.

In a world that has a surplus supply of candidates who are graduating each year on a search for acceptable job opportunities, life skills make one stand apart from the crowd. Life skill training would help the individual not only to be a good leader but also to be adjustable to any kind of situations in life. The last session of feedback and valedictory was headed by Dr. Jonas Richard A.



Life Skill Education – A Session on IPR



21.09.2015

Life Skill Education – A Session on Stress Management



21.09.2015

Life Skill Education – A Session on Problem Solving



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CENTRE FOR LIFESKILL EDUCATION

Date: 21st – 22nd September 2015

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	15MG20347	AKSHATA P	✓
2	15MG20341	AKSHEYA KILE	✓
3	15MG20301	ALAN A PREM KUMAR	✓
4	15MG20302	ANOOPE S	✓
5	15MG20342	ARUNKUMAR J	✓
6	15MG20303	DAZY MENDONSA	✓
7	15MG20304	DEEPAK KIRAN I	✓
8	15MG20305	DIVYA MV	✓
9	15MG20306	DIVYAPRIYA S	✓
10	15MG20307	GAUTAM PRADEEP GURAV	✓
11	15MG20308	GIRIDHARAN K	✓
12	15MG20309	HRIDHU R	✓
13	15MG20310	KARTHIK A L	✓
14	15MG20311	KISHORE A	✓
15	15MG20312	LAVANYA NAVAD	✓
16	15MG20313	LEO JOHNSON C	✓
17	15MG20314	MADHUSUDHANA R	✓
18	15MG20315	MAHESH M	✓
19	15MG20346	MANTESH VITHAL	✓
20	15MG20316	MANU RAJU L P	✓
21	15MG20317	MELVIN FERNANDES	✓
22	15MG20318	MOHAMMAD AKHEEL	✓
23	15MG20319	MOHAMMED ZAFRULLA	✓
24	15MG20320	NANCY DOSS A	✓
25	15MG20321	NAVEENKUMAR J	✓
26	15MG20322	NAYANA N	✓
27	15MG20349	PRASHANT DALAWAI	✓
28	15MG20323	PRIYANKA S BABU	✓
29	15MG20324	RABIYA FIRDOS	✓
30	15MG20325	RAKSHATA M	✓
31	15MG20326	RINEESH R	✓

Sl. No	Registration Number	Full Name	Attendance
32	15MG20327	ROHAN BENEDICT	✓
33	15MG20328	ROHAN SIMON	✓
34	15MG20329	ROHITH B	✓
35	15MG20330	RUBEN T	✓
36	15MG20331	SANDEEP S	✓
37	15MG20343	SARAS KUMAR S P	✓
38	15MG20332	SHAISTA ANJUM	✓
39	15MG20333	SHEHRAZ RABBANI S	✓
40	15MG20334	SHIJO E VARGHESE	✓
41	15MG20335	SHIVALING	✓
42	15MG20336	SRINIVASA P	✓
43	15MG20337	SUDHA	✓
44	15MG20345	SUNILKUMAR N	✓
45	15MG20344	SYED ZAID ASIM	✓
46	15MG20338	VEENA S	✓
47	15MG20339	VIGNESH M	✓
48	15MG20348	VINAYKUMAR S	✓


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SCHOOL OF MANAGEMENT

Life skill for I year MBA students

Participation Certificate

This is to certify that **KARTHIK A L (15MG20310)** has participated in the **Life skill for I year MBA students** organized by the **School of Management**, Kristu Jayanti College (Autonomous), Bengaluru from **21-09-2015 to 22-09-2015**.

Dr. Jonas Richard A

Coordinator

Fr. Josekutty PD

Principal