



5.1.3 Details of Capacity Development and Skill Enhancement Activities 2019 – 2020

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 program	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 Skills Education for UG students	17-06-2019	2168	Centre for Life Skills Education - Faculty members of the department Co-ordinator : Prof. Jonas Richard
2.	Life skills -Yoga Session - International Yoga Day Celebration	21-06-2019	300	Sanyasi Charan, Bihar School of Yoga, Bangalore Chapter
3.	Life skills - Life Skills education Programme for PG Students	25-07-2019	824	Faculties of Kristu Jayanti College
4.	Life skills - Life Skills for Millennial Executives -MBA	25-07-2019	75	Dr.Jonas Richard, Director, Centre for Life Skills Education and faculty members of the PG department
5.	Life skills - Life Skills Seminar on Taking Right Decisions	03-08-2019	94	Mr. Abraham Moses, GM & Good Samaritan, Mind Tree
6.	Life skills-Life Skills Session on Personal Hygiene	06-08-2019	94	Dr. Sheeja Krishnakumar, Faculty, School of Management, Kristu Jayanti College
7.	Life skills - Life Skills Education Programme for MCA Students	19-08-2019	54	Centre for Life Skills Education- Faculty members of the department Co-ordinator : Prof. Jonas Richard
8.	Life skills - Workshop on 'The Rhythm of Life: Notional and Notational Connotations'	13-09-2019	44	Dr. Emmanuel Jebarajan, Professor of Mathematics, American College, Madurai
9.	Life skills - Workshop on Pranic Healing	03-12-2019	165	Wing Commander (Retd) Krishnan Thampi Subhash
10.	Life skills - Family Therapy Workshop on Thinking Systematically	18-02-2020	68	Dr. Ashlesha Bagadia, Consultant Psychiatrist, The Green Oak Initiative Bangalore
11.	Life skills -Yoga Session - International Yoga Day Celebration	21-06-2020	109	Prof. Vigraanth Bapu, Assistant Professor, Department of Psychology, Kristu Jayanti College



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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 all the UG students from 17.06.2019 to 21.06.2019.

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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REPORT

Date: 17.06.2019 to 21.06.2019

Classes Attended: 1st Year B.Com

Number of Beneficiaries: 824 Students

Objective: To make the students to understand the needs of life skill education in their day-to-day life and mold themselves in the competitive and stressful environment.

Resource persons: In house faculty members

The purpose of Life Skills Training is to make the students understand the needs of life skill education in their day-to-day life and train themselves in the competitive and stressful environment. Further Life Skills Training also aims at developing decision-making skills, pertaining to personal life matters; self-development, family, friends and life-long learning, academic etc. Life skills education assists learners to explore and develop the skills necessary for successful living and learning. The more coping skills learners have, the better their chances of an improved quality of life and better social functioning.

824 students in first year B.Com programme were divided according to their sections and training was provided. Faculty members in the department were assigned two or three skills according to their choice. Inauguration and orientation about life skill conducted on 17th June (Monday) from 09.00 am to 01.00 pm in Main auditorium and Mini Audi I. Prof. VijayaKumar, Head the department of commerce handled the inaugural session. During the four days schedule,

resource persons provided comprehensive inputs about ten life skills mentioned below according to the time table set exclusively for life skill:

Self-awareness: Self-awareness is the skill that helps everyone to recognize ourselves, our character, strengths, weaknesses, likes, dislikes etc. various activities like ice breaking, self-introduction were conducted which made them more aware of themselves as well as made others aware of the person speaking. Prof. Geetanjali, Prof. Madhumalathi, Prof. Manoj Prabhakar, Prof. Rashmi Rekha, Prof. Gladys, Prof. Surjith Singha and Prof. Periyaswamy handled the sessions on self-awareness for various sections.

Effective communication: Dr. Saranya, Dr. Arti Singh and Prof. Raghavendra Babu, Prof. Santhosh handled the sessions on effective communication to various sections. In this session activities and lectures were conducted to make the students understand importance of effective communication in their life. At the start of this session a group of students were called to play a game “Chinese whisper” to show the quality of communication they possessed. This was followed by the power point presentation showing different types of communication, pros and cons of effective communication and also how this communication skill is going to help the students in the long run.

Interpersonal relationship: This is the skill that helps the students to maintain good relations. In this session priority was given to activities that help the students realize the importance of maintaining good inter personal relations. Sessions were handled by Prof. Amritha Ashok, Prof. Ratheesh, and Prof. Annie Stephen. A presentation was played showing how IPR forms the most basic requirement of human life.

Empathy: Prof. Reshmi Rekha, Prof. Thanuja, Prof. Vineetha Vijayan Prof. Aneesha K Shaji, Prof. Shashi Kumar and Prof. Preethi, were the faculty members handled this session on empathy in different sections. The skill emphasized on the ability to imagine what life is like for another person even in a situation that we may not be familiar with. The activities and videos shown to the students helped them to understand and accept others and their behavior which are different from them. The session in charge (teacher) took a PPT which was followed by dividing the class into 4 groups which were supposed to present a skit on 4 different themes all involving empathy. The students responded nicely to all the skits.

Critical thinking: This is the skill that helps the students to analyze the information and experiences in an objective manner. Games, role plays and activities were conducted in order to enhance the critical thinking skill of the students. Various sessions were handled by Prof. Surjith Singha and Prof. Kalyani, Prof. Anitha, Prof. Neeta, Prof. Ramanathan, Prof. Mini Gopalakrishnan, Prof. Chellraj Immanuel. At the beginning a question was asked “What is the first word that comes to your mind?”. This was followed by a PPT containing many small exercises involving critical thinking.

Creative thinking: The objective of conducting a session on creative thinking was to enable the students to generate creative, innovative and appropriate solutions to problems of life or any domain pertaining their areas of interest.

Prof. Kirankumar, Prof. Muthukumar, Prof. Madhumathi, Dr. T.K. Murugesan, Krishnamoorthi M and Prof. Anupama George conducted the sessions to various sections with the help of videos, power point presentations and activities. This session was the most loved by the students as two activities 1. Constructing the tallest tower using newspapers and 2. To make a costume using newspapers. Students made optimum utilization of the time provided and made some really creative models thus finding out their creative thinking skills.

Decision making: The sessions on decision making were handled by Prof. Kalyani, Prof. Preethi, Prof. Santhosh and Prof. Manoj Prabhakar. The emphasis was given on importance of assessing an issue by considering all possible or available options. The effects of different decisions were made known to the students with the help of activities and role play. Resource person started with showing a video of a baby finding his way to the garden which was blocked by the fence showing all possess these capabilities and how to develop them. The PPT was quite dynamic and ended with few motivational videos.

Problem solving: Prof. Madhumathi, Prof. Ponny Thomas, Prof. Ashwitha, Prof. Chandrakala, Prof. Lourdanathan, Prof. Kiran Kumar, Prof. Geethanjali handled the session on problem solving. This skill helps the students to analyze the problem, formulate choices and selecting from choices. Various activities and discussions were conducted to make students realize the importance of solving problems efficiently. An activity was conducted in which a group of students played a

game in which from a chain crossed hands they had to form a circle without breaking the chain. The PPT was quite effective and students participated actively.

Coping with stress: The facilitators for handling the session on stress were Prof. Lourdunathan, Prof. Chandrakala and Prof.Reena R The importance was given on recognizing the source of stress and analyzing its effect on individual's life. Sessions were supported by power point presentations, activities and videos to make it more interactive.

Coping with emotion: It is the ability to recognize emotions in others and ourselves. The emphasis of this skill was to make the students aware of how emotions influence behavior and being able to respond to emotions appropriately. Prof.Periya Swamy Prof. Aneesha K Shaji ,Prof. Amritha handled the sessions on coping with emotions.

Resource person started with a dynamic presentation showing importance of managing emotions through various entertaining real life examples and videos.

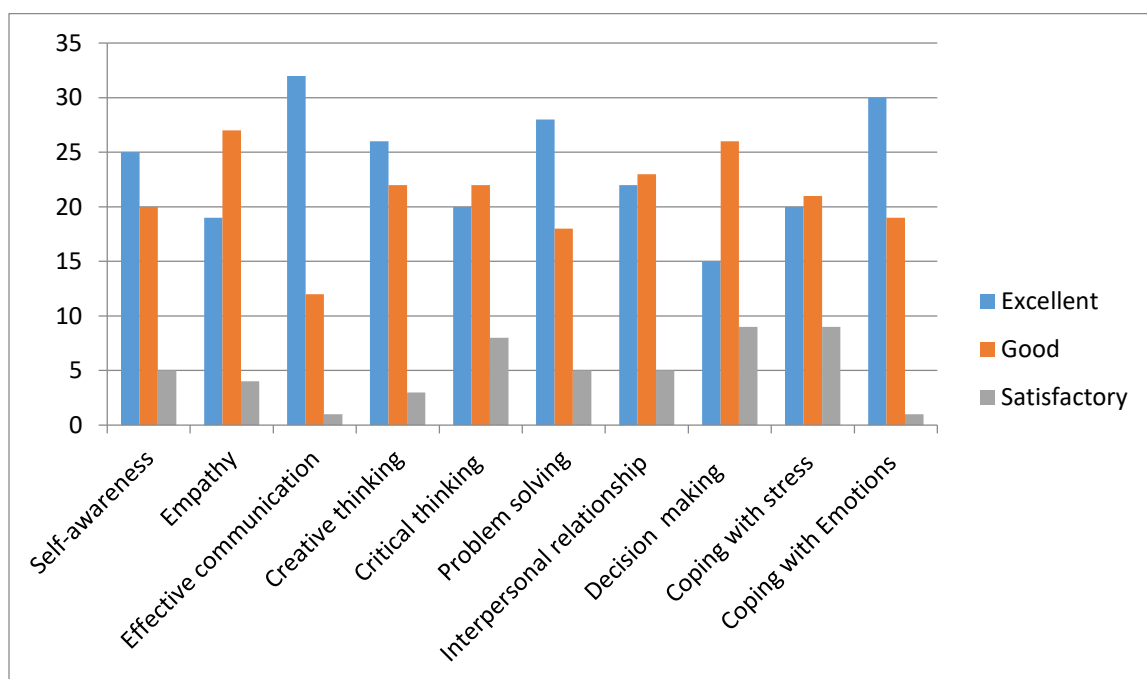
Outcome of the program - The students could understand the need of the life skill education and how they have to apply these skills in their day to day life to make a better living.

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 2019-20 was held on 21st June 2019 afternoon. Prof Vijayakumar, Head of the department and Prof.Annie Stephen Co-coordinator of Professional courses, addressed the students. Feedbacks were collected from the students.

Overall Assessment of the Program on the basis of feedback taken from 50 students

	Excellent	Good	Satisfactory
Self-awareness	25	20	5
Empathy	19	27	4
Effective communication	32	12	1

Creative thinking	26	22	3
Critical thinking	20	22	8
Problem solving	28	18	5
Interpersonal relationship	22	23	5
Decision making	15	26	9
Coping with stress	20	21	9
Coping with Emotions	30	19	1



General comments about the program

- Life skill helped us to be aware of oneself
- Helped to discover opportunities
- I have learned how to react when I come across problems in my life
- It has strengthen my mind
- I learned to empathies

Photographs



17.06.2019

Life Skill Education – A Session on Self-Awareness



17.06.2019

Life Skill Education – A Session on Effective Communication



Life Skill Education – A Session on Creative Thinking

Date: 17.06.2019 to 21.06.2019

Classes Attended: 1st Year BBA

Number of Beneficiaries: 351 Students

Objective:

1. To impart various Life Skills training which help in the student's personal and career life.
2. To fulfill curriculum requirements for program completion

Inauguration: The Inauguration of Life Skill Education for the 1st year BBA was held on 17/06/2018. Prof. Vijayakumar introduced the concept of Life Skills, the 10 life skills and its importance to students.

Training: The Students were divided into 5 batches for the training. The batches were as follows:

Batch	Section	Room No	No of Students
Batch 1	I BBA Section A & BBA Business Analytics	M303	83
Batch 2	I BBA Section B	M304	72
Batch 3	I BBA Section Aviation Management	M305	60
Batch 4	I BBA Section C	M306	72
Batch 5	I BBA Section D	M307	64

Faculties from the Department and other departments of the Deanery of Commerce and Management was involved in the training. The training of students on life skills was scheduled between 18/06/2019 to 21/06/2019.

Valedictory: The valedictory session was conducted in two batches:

1. BBA Section B, C, D and Aviation Management: Mini Audi 1, PG Block

The emcee for the session was Prof. Gincy Charles who also welcomed the gathering. The student participants of the session shared the feedback. The valedictory address was delivered by Prof. Surendranath Reddy. Prof. Monica L delivered the vote of thanks.

2. BBA Section A and Business Analytics: M303, UG Block.

The emcee for the session was Prof. Jisha VG who also welcomed the gathering. The student participants of the session shared the feedback. The valedictory address was delivered by Prof. Ajai Abraham Thomas. Prof. Rupashree R delivered the vote of thanks.

Outcome:

1. Students have equipped with basic knowledge of 10 life skills.
2. Fulfillment of requirement of award of degree.

Photographs:



Prof. Steffi Joan conducting an activity as a part of Life skills for BBA I Sem Section A students



Prof. Shilpa Rao conducting an activity as a part of Life skills for BBA I Sem Section AM



BBA I Sem students participating in the activities of Life skills training.



Prof. Somasundaram conducting an activity as a part of Life skills training for BBA I Sem students



Prof. Vinod Joseph conducting a training as a part of Life skills for BBA I Sem students



Prof. Manjunath S and Prof. Suku T Samuel, faculty coordinators preparing materials required for Life skills training for BBA I Sem students

Feedback:

Students believed life skill that was learned can be practiced in their day to day life. They also appreciated the various activities like Role Play, Activity on Creativity etc. as they gave a clear picture of what was imparted with. They also shared that the life skill training has helped in breaking the ice among the classmates.

1. To have more activities.
2. Activities which impact everyone and have participation of every student.
3. Include more activities.
4. Nil. It was a great experience.

Date: 17.06.2019 to 21.06.2019

Class Attended: I B.Sc. BBG, BBB, MBG and Forensic Science

Number of beneficiaries: 162

Objective: Capacity Building Training on Life Skills Education

Inauguration: The Inauguration of Life Skill Education for the 1st year B.Sc. was held on 17th June 2019. Prof. A. Jonas Richard introduced the Ten Core Life Skills promoted by World Health Organization (WHO)

Training Methodology: The resource persons adopted Activity Based Learning (ABL) method for training on Life Skills. Following are the specific input given by each trainer

Session on Introduction to Life Skills by Prof. A. Jonas Richard

The Life skill education Training Programme for the first year BSc (BT, MB, Fr. Science, BBB, CSMS, CSME & BCA) students commenced on 17th June 2019 at 11.45AM in the S.K.E Auditorium. In this session the students were introduced to the ten core life skills and their importance in their day to day life.

Session on Self Awareness by Dr. S. Vijayanand

The session was started at 9.00 – 10.50 am on 18th June 2019 and 11.00 – 12.50 pm on 19th June 2019 for batch I and Batch II, with video depicted the importance and need of self-awareness. Individual activity which includes Self designing collages, ranking traits helps students to find strength, weakness, opportunities and challenges were conducted. Students enthusiastically participated in the activities. The presentation was focused mainly on

Self-concepts, types and different layers. SWOT analysis tool help students to analysis and solve problems Students actively participated and voluntarily showed interest in the various group activities.

Session on Decision Making by Dr. Elcey CD

The session was started at 11.00 – 12.50 am on 20th June 2019 and 9.00 – 10.50 am on 19th June 2019 for batch I and Batch II. The session assignment includes skill content, Types of decision making, practice influencing decision making, solving problem in decision making using scenario and activity such as feel the content, goals, types of goals, decision making process. Certain videos were presented to motivate students on goal setting.

Session on Creative thinking by Dr. U.Sivagamasundari

The session was started at 9.00 – 10.50 am on 18th June 2019 and 11.00 – 12.50 am on 19th June 2019 for batch I and batch II. The session started with fun game “Say what I say” Do what I do”. The theme focused on how to be unique in day to day life challenges, key personalities one to incubate to be creative for globalization in the competitive needs and how to generate ideas in a creative way. Students of life skills actively interacted with questions and involved in brain triggering activities conducted like connect the 9 dots, complete the geometric shapes, illusion paintings, Videos depicting creativity, Cut the cake puzzle, Triangle genius puzzle and brain storming questions that make them to think out of box.

Session on Empathy by Dr. Selvam Arjunan

The session was started at 1.45 – 3.30 Pm on 18th June 2019 and 1.45 – 3.30 am on 20th June 2019 for batch I and batch II. “Coping with emotions” - The coping with emotion session

was generally tired out on the importance of empathetic the feelings and emotions of others and understand them before handling any situations in their life. In addition with, students were also made conscious of difference between sympathy and empathy. Videos on highlighting the importance of empathy in refining the quality of human life were showed and activity was conducted to every individual to understand and identified the different emotions at various satiations. Students were actively participated in interactions and activities.

Session on Problem Solving by Mrs. Priya Josson

The session was started at 9.00 – 10.50 am on 19th June 2019 and 9.00 – 10.50 am on 21st June 2019 for batch I and batch II. The session started with an activity to analyze how students tackle different problems. It was followed by the presentation on concepts related to solving problem. Activities such as case study and methods needed to solve day to day issues were conducted. This session also included stories and real life incidents to help students in making right decision and solving the problems wisely.

Session on Interpersonal relationship by Dr.Esther Shoba

The session was started at 9.00 – 10.50 am on 21st June 2019 and 11.00 – 12.50 pm on 20st June 2019 for batch I and batch II. IPR- Interpersonal Skill, the prime one, helps in close association among human beings. It helps in establishing relationship with people who share same ideas, goals and common interests. A relationship can progress only when we have positive thoughts about the other individual. Positivity can be established when one accepts the other person how they are, value each other and understand each other. These characteristics can be achieved only when we intend to listen to what others are saying. Relation with others can be in the form of family relationship, relationship with peers, love relationship, friend relationship etc., Family relationship is the one which provides unconditional love and emotional support. Peer relationship helps in the progress of the work as they are united. Relationship with friends need to be honest and reliable. Love relationship is the most fragile one and if one has to call it off, it has to be done constructively.

Interpersonal relationship is very important as it helps in the growth of individual, helps in living at peace with others and also teaches patience.

Activities to explain each type of relationship helped in good understanding of the life skill.

Session on Critical thinking by Dr. Challaraj Emmanuel E.S.

The session was started at 1.45 – 3.30 pm on 19th June 2019 and 11.00 – 12.50 pm on 18th June 2019 for batch I and batch II. Critical Thinking, a logistic approach to critical thinking was conveyed to students that thinking is legitimate only when it conforms to the procedures of informal, logic and that the good thinker necessarily aims for styles of examination and appraisal that are analytical, abstract, universal, and objective. Critical thinking is not a matter of accumulating information. A person

With a good memory and who knows a lot of facts is not necessarily good at critical thinking. A critical thinker is able to deduce consequences from what he knows, and he knows how to make use of information to solve problems, and to seek relevant sources of information to inform them. Critical thinking should not be confused with being argumentative or being critical of other people. Although critical thinking skills can be used in exposing fallacies and bad reasoning, critical thinking can also play an important role in cooperative reasoning and constructive tasks. Critical thinking can help us acquire knowledge, improve our theories, and strengthen arguments. We can use critical thinking to enhance work processes and improve social institutions. . The presentation helped to enhance the thinking ability and case study activities played a major role in depicting diverse thinking ability of the students. Illusion test and small IQ puzzle tests were conducted to enhance the rapid answering ability analyzing the concept. This session was delivered creatively with stories and video presentation. This session was an interactive one and was appreciated by the students. First wave logical thinking consisted of understanding the connections between two concepts or points in thought.

- 4 square puzzle
- Finding out the suspect
- Illusion test
- Connecting points
- Maze test

This session was useful for the students as it gave them an idea about the ways in which they can cope up with stress. The activities helped in analyzing how well the students can overcome stressful situation using stability zones. The session was made more interesting with

video presentation and case study of present day scenario of peer stress among the youth and different ways to overcome it.

Session on Effective communication by Dr.Dileep Francis

The session was started at 1.45 – 3.30 pm on 20th June 2019 and 1.45 – 3.30 pm on 19th June 2019 for batch I and batch II. The session had one major activity, called the guessing game which was both entertaining and informative. The participants learnt the importance of asking the right questions to get precise answers and the difference between open ended and close ended questions. The batches of students were divided into groups. A representative of each group volunteers and comes to the stage. The volunteer writes the name of an actor on a note book. The group members can now ask ‘Yes’ or ‘No’ questions (limited to 10) to the volunteer. The name of the actor has to be guessed by the team members by asking minimum number of questions as possible. The team which asks the lowest number of questions before they guess the actor right wins.

The activity has the following outcomes:

- Helps rejuvenate students and have their attention
- Helps students understand the importance asking the right questions
- Helps in understanding the difference between open ended and closed ended questions

Visual puzzles based quiz was also conducted as a minor activity to keep the student attention alive.

The session was received by the students with enthusiasm and keenness. They were interactive throughout the session and participated actively in the group engagements. The session fulfilled the objective of imparting insights on effective communication to students.

Session on Problem Solving by Dr.Jemimah Naine

The session was started at 9.00 – 10.50 am on 20th June 2019 and 1.45 – 3.30 pm on 18th June 2019 for batch I and batch II. The objective of the life skill session on problem solving was to empower students with knowledge and skills required to build their mental, analytical and creative skill. The different activities were introduced in specific contexts to enhance learning and

understanding of the session. Video presentation and Group discussion was held during the session, and for the activity, Questioners were given to the students to solve the problem.

The activities helped students to:-discover and explore problems and solutions,-learn new concepts in thinking,-become more open-minded and learn how to avoid mental blocks,-appreciate diversity and discover self-use intuition and common sense in problem solving,-experience design basics and exercise the “more than one solution” approach. Life skill session was very interactive, since students were engaged in Groups works and brain storming discussions even answered any questions that were raised. The life skills session was a success, since pupils made a deliberate decision and coming up to solve the given problem.

Session on Empathy by Dr.Sriram

The session was started at 11.00 – 12.50 pm on 18th June 2019 and 9.00 – 10.50 am on 20th June 2019 for batch I and batch II. The objective of the life skill session on Empathy was to empower students with knowledge and skills required to build attitude of thinking in others perspectives. The different activities were introduced in specific contexts to enhance learning and understanding of the session. Video presentation and Group discussion was held during the session, and for the activity, Questioners were given to the students to solve the problem.

The activities helped students to:-Understand the way thinking and putting their legs on other's shoes,-Develop the sense of empathetic feel,-Concern and Care about others.

Life skill session was very interactive, since students were engaged in Groups works and brain storming discussions even answered any questions that were raised. The life skills session was a success, since pupils made a deliberate decision and coming up to solve the given probl

Session on Use of Life skills in everyday Life by Dr. Sriram and Dr. Jemimah

This session summarized all the ten core life skills and their application in everyday life. The session was made interesting with various activities related to each life skill and video presentation. Five groups of students performed role play involving two life skills each. They were able to relate to day to day life.

Feed Back and Valedictory

The valedictory session of Life skill education Training Programme for the first year BSc (BT, MB, CSMS, CSME, PMCS, PME) students commenced on 22nd June 2018 at 2.15 PM in the Mini Auditorium III UG Block. The session started with invocation song followed by welcome speech Delivered by Dr.S.Vijayanand-LSE Coordinator. The feedback forms were circulated among students. One student from each section gave oral feed back about all the ten core life skills and how useful for them in their life. The valedictory address was presided by Fr.Emmanuel PJ, Faculty, Department of Psychology, Director of Hostels. At the end Dr.ElceyCD, Head, Department of Life sciences Proposed Vote of thanks. The four days session was concluded by giving the students an insight about the department and various events to be conducted during this academic year. The whole session was wound up with Jayantian Anthem.

Outcome:

The students got to know about the implications of Life skills in day today life. The session created awareness and enhanced positive thinking to pursue their future.

Life Skills Education Training Programme



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



Life Skill Education – A Session on Coping with Emotions



Life Skill Education – A Session on Stress Management

Date: 17.06.2019 & 21.06.2019

Classes Attended: I BCA and I BSc CSMS/CSME/PMCS/PME/MSE

Number of Beneficiaries: 340

Objective & Introduction:

Kristu Jayanti College had conducted a course for UG students from 17th June to 21st June 2019. For teaching ten core life skills for the wellbeing of student's life.

Life Skills need for integrated happy life, for trend generation.

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:

The ten life skills 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 is 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 decisions about our lives. This can have consequences for 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 well being our feelings are a wonderful barometer of our well being. 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 your own brain chemistry with thoughts of appreciation, gratitude, joy and love.

We had many activities on each life skill to develop our skills. Many inspirational videos were shown to us regarding each skill which motivated each of us to a higher potential. For me the best skill was empathy as we could step on someone's else shoes and feel the way they felt. I learned a lot in each skill. I learned how to cope with my emotions and also feel the way others feel. Life skill has benefited a lot in helping me to cope up my stress and emotions and take life in a positive way.

We thank all the teachers for training us on life skills which benefited all of us to a greater level. We humbly thank Kristu Jayanti College for organising the training of life skills education.

Photos:



Life Skill Education – A Session on Empathy



Life Skill Education – A Session on IPR



Life Skill Education – A Session on Problem solving

Date: 17.06.2019 & 21.06.2019

Classes Attended: 1st year BA Students

Number of Beneficiaries: 360 Students

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 organised a Capacity Building Training on Life Skills from 17th June 2019 to 21st June 2019.

The course was conducted for around 360 first year BA students. The training programme started with the inauguration on 17th June 2019, certificate course consisted of ten core life skills promoted by World Health Organisation (WHO), namely Self- awareness, Empathy, Creative Thinking, Critical Thinking, Problem Solving, Decision Making, Communication, Inter-Personal Relationship, Coping with Stress and Coping with Emotions. These skills are very beneficial in constructing and polishing the personality and to lead a better life in a highly sophisticated world. The skills arm a person with the capabilities to lead a well-rounded life. Five days training concluded with valedictory session on 21st June 2019.

Around 27 faculty members trained the students in each skill. Training sessions were vibrant and enthusiastic, involving activities and discussions pertaining to each life skill. Students actively participated and enjoyed the learning.

Students opined that the training would help them face the challenges in life with a positive attitude and self-confidence. The focus is on building conducive environment for learning and a better society that fosters humanity and harmonious co-existence.

The main aim of the one-week programme was to help the first-year students help in the development of social competence and help adolescents to form their own identity. It promotes social norms that have an impact in teenagers.

All the successful participants are to be awarded certificates by RGNIYD.

21.06.2019



Life Skill Education – A Session on Coping with Stress



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CENTRE FOR LIFESKILL EDUCATION

Date: 17.06.2019 to 21.06.2019

List of Participants

SL No	Registration Number	Full Name	Attendance
1	19CO69141	AADARSH RAJ	✓
2	19LS31001	AAKANKSHA SUNIL	✓
3	19CO58001	AANCHAL RAJPUT	✓
4	19HU61001	AARON JOHNEY	✓
5	19MG11024	AARON JOHNSON	✓
6	19CO71001	AARON SHAJAN JOHNS	✓
7	19MG41001	AARUSHI ANCY	✓
8	19CO11214	AARUSHI JACOB	✓
9	19MG13199	AASHISH S ANGADI	✓
10	19CS11095	AASHLY K AZEEZ	✓
11	19LS11045	AASRIITHA	✓
12	19HU51001	AASTHA SHRIMALI	✓
13	19CO16200	AATHIRA M MENON	✓
14	19MG11057	AAYUSH K K	✓
15	19CS11061	ABDULLAH MOHSEN FIROZ	✓
16	19CO11285	ABEL SAM ALEX	✓
17	19CS21026	ABHEEK SHRIVASTAVA	✓
18	19CO47050	ABHILASH P	✓
19	19CS21001	ABHINAV AWASTHI	✓
20	19MG21032	ABHINAV M B	✓
21	19CO69164	ABHINAV S	✓
22	19MG13226	ABHINAV SAXENA	✓
23	19HU51002	ABHINAV SINGH	✓
24	19CO31090	ABHINAV SUNIL	✓
25	19MG21033	ABHIRAM A	✓

SL No	Registration Number	Full Name	Attendance
26	19CO69142	ABHIRAMI A	✓
27	19CO15183	ABHISHA M	✓
28	19LS31015	ABHISHEK AG	✓
29	19CS13223	ABHISHEK GOWDA K	✓
30	19CO47022	ABHISHEK K P	✓
31	19CS11110	ABHISHEK M	✓
32	19CS12121	ABHISHEK M S	✓
33	19HU51003	ABHISHEK P	✓
34	19CS21027	ABHISHEK R S	✓
35	19CO47001	ABHISHEK SHAJI	✓
36	19LS11002	ABHISHEK SUNIL	✓
37	19CO31091	ABHISHEK G	✓
38	19MG31001	ABHISHEK KUMAR SINGH	✓
39	19LS31016	ABHISHEK M SASI	✓
40	19CO11226	ABHISHREE S	✓
41	19HU11023	ABIGAIL C LALRINCHHANI	✓
42	19CS14241	ABILASH J	✓
43	19CO65001	ABIN JOY	✓
44	19CO66051	ABIN KRISHNA	✓
45	19CS51043	ABIN MATHEW	✓
46	19CS21002	ABIN THOMAS	✓
47	19CS11062	ABIN XAVIER	✓
48	19CO71002	ABIN SEBY JOSEPH	✓
49	19CO21001	ABINAV PUDUVAYIL	✓
50	19CO65009	ABINRAM K K	✓
51	19CO12299	ABITHA K	✓
52	19CS12122	ABITHA K P	✓
53	19HU11001	ABRAR KHAN LODHI	✓
54	19CO12286	ABY BINS	✓
55	19MG12096	ACHARYA BINDIYAMARY BHASKAR	✓
56	19HU62061	ACSAH GEORGE	✓
57	19HU21001	ADARSH PATTANAIK	✓
58	19CS14242	ADARSH RAJAN	✓
59	19LS21027	ADARSH V	✓

SL No	Registration Number	Full Name	Attendance
60	19CS21028	ADARSH V G	✓
61	19CO21002	ADARSH K SHAJI	✓
62	19HU62103	ADELINE BENITA MENDONSA	✓
63	19MG12097	ADHARSH R	✓
64	19CO65002	ADHEEB SUBAIR VARIKKODAN	✓
65	19LS31002	ADHEENA SHIBU	✓
66	19CO31106	ADHVI S U	✓
67	19CO71023	ADITH PRADEEP	✓
68	19HU61002	ADITHYA AJITH	✓
69	19CO21003	ADITHYA KRISHNA M	✓
70	19HU62062	ADITHYA R	✓
71	19CO21004	ADITHYA R NAIR	✓
72	19MG11025	ADITI AGRAWAL	✓
73	19CO31071	ADITYA A	✓
74	19MG41002	ADITYA AMITAV	✓
75	19CO31107	ADITYA MAHANTESH MAJJAGI	✓
76	19CO66059	ADNAN HASSAN	✓
77	19CO31092	ADNAN SHARIFF	✓
78	19MG12130	ADNAN SIRAJ	✓
79	19HU21002	ADONI RUOLKHUM PAKHUONGTE	✓
80	19CS11063	ADVAITH N A	✓
81	19HU61003	ADWAITH E SAJEEV	✓
82	19CO13358	AEBEL JOY OOMMEN	✓
83	19CS14259	AFRAZ ASFAN P M	✓
84	19MG31036	AFREEN KHANUM S	✓
85	19CS21029	AFRID RAHMAN P A	✓
86	19CO31093	AGALYA D	✓
87	19HU62063	AGNA M PREETH	✓
88	19MG21001	AGNI ROY	✓
89	19CO47002	AHAMED SARIF KHAN R	✓
90	19MG21034	AIMAN IMRAN	✓
91	19HU61050	AIMEN INSHA MOHD VASI ULLAH	✓
92	19CS21003	AIRINE LEKSHMI SATHISH	✓
93	19MG21002	AISHWARIA JOHNY THAYYIL	✓

SL No	Registration Number	Full Name	Attendance
94	19MG13200	AISHWARYA .	✓
95	19CO21047	AISHWARYA D	✓
96	19CO14430	AISHWARYA N	✓
97	19LS31017	AISHWARYA P V	✓
98	19CO13359	AISHWARYA R	✓
99	19LS11026	AISHWARYA R	✓
100	19CO58002	AISHWARYA S	✓
101	19MG12153	AISHWARYA SURESH	✓
102	19CO21005	AISHWARYA P A	✓
103	19MG21035	AISHWARYA V .	✓
104	19MG11058	AJAY A	✓
105	19MG12131	AJIN JOY A	✓
106	19CO65029	AJITH R	✓
107	19HU11002	AJITH SEBASTIAN	✓
108	19CO47023	AJITH KUMAR M	✓
109	19MG21055	AJITH KUMAR Y	✓
110	19CS12123	AKANKSHA SAHU	✓
111	19MG12098	AKANKSHA SHUKLA	✓
112	19CO47051	AKASH G	✓
113	19CO15492	AKASH JOSE	✓
114	19CO66079	AKASH K	✓
115	19CO21006	AKASH R	✓
116	19MG13168	AKASH REJI	✓
117	19CS31001	AKASH S	✓
118	19MG11026	AKASH YADAV	✓
119	19CO13375	AKHIL K G	✓
120	19MG21003	AKHIL SHAJU	✓
121	19CS14243	AKHIL U	✓
122	19CS11064	AKHIL JOSE ANTONY	✓
123	19CO14443	AKHIL KUMAR P	✓
124	19CS14289	AKHILA M	✓
125	19CS12163	AKHILA V	✓
126	19LS11003	AKIL MURALI P .	✓
127	19CS21030	AKILESH J SHET	✓

SL No	Registration Number	Full Name	Attendance
128	19LS11027	AKSA MARIYAM CHACKO	✓
129	19HU61004	AKSA SARA WILSON	✓
130	19MG13201	AKSHAT GUPTA	✓
131	19MG13233	AKSHAY ANAND	✓
132	19CO31072	AKSHAY KUMAR JHA	✓
133	19CO59083	AKSHAY P	✓
134	19CO16207	AKSHAYA M	✓
135	19CS12124	AKSHITHA S K	✓
136	19MG12099	ALAN FRANCIS	✓
137	19MG21004	ALAN JOSH Y	✓
138	19HU11024	ALAN REJI	✓
139	19HU51045	ALAN KUMAR R	✓
140	19MG13169	ALBERT S BEIHROPHA	✓
141	19CO16192	ALBI S JOHN	✓
142	19CO66052	ALBIN KURIAKOSE	✓
143	19CO14444	ALBY AUGESTIAN	✓
144	19CS14244	ALBY SEBASTIAN	✓
145	19MG11027	ALDRIN EDGAR FERNANDEZ	✓
146	19MG41013	ALEENA C A	✓
147	19MG12100	ALEENA DENNI	✓
148	19MG13170	ALEENA VICTOR	✓
149	19CO11215	ALEESHA BINU	✓
150	19CO15176	ALEKYA N	✓
151	19CS21031	ALEX JOSEPH	✓
152	19HU62064	ALFI JOHN	✓
153	19HU71002	ALICE DEEPSHIKHA MALAKAR	✓
154	19CO47052	ALICEPRIYA .	✓
155	19HU61005	ALINA ANNA SEBASTIAN	✓
156	19MG11028	ALISA MARIA JOSE	✓
157	19CO69165	ALISHA BAPTIST	✓
158	19LS21001	ALISHA MARY THOMAS	✓
159	19CO47003	ALISTER ABRAHAM MATHEW	✓
160	19CS71001	ALLA VAMSI KRISHNA REDDY	✓
161	19CO12287	ALLEN DOMINIC	✓

SL No	Registration Number	Full Name	Attendance
162	19LS41001	ALLEN JOLLY	✓
163	19CO31073	ALLEN MATHEW	✓
164	19CO71040	ALLWIN A	✓
165	19MG13217	ALLWIN LEONARD A	✓
166	19CO69143	ALPHIN MATHEW JOHN	✓
167	19HU71038	ALTHAF RASAK	✓
168	19CO69144	ALVIN T JOSE	✓
169	19CO11247	ALWIN SUJITH I	✓
170	19CO16201	ALWYN DEEPAK	✓
171	19MG41003	AMAAN SHARIFF SHAIK	✓
172	19CO71003	AMAL BENNY	✓
173	19CS21004	AMAL PAUL	✓
174	19CS21032	AMAL TOM	✓
175	19CS21033	AMAL PAREETH ANNES	✓
176	19LS11028	AMALA MINT	✓
177	19HU62065	AMALA SAJU	✓
178	19CS71002	AMALKRISHNA P	✓
179	19CO14442	AMALU SHAJI	✓
180	19MG31002	AMANDEEP SINGH	✓
181	19CS14260	AMAR SIDHARTH A	✓
182	19CS11065	AMARDEEP BHARTI	✓
183	19CO47024	AMARNATH V	✓
184	19CO14431	AMAY SREEJITH	✓
185	19MG12101	AMBATI YOGESH KUMAR REDDY	✓
186	19CO65030	AMBRISH RAO P	✓
187	19MG21036	AMEENA KHAN	✓
188	19CS31002	AMIL PRAKASH	✓
189	19CO21048	AMITESH PANDEY	✓
190	19MG21037	AMITH NELSON	✓
191	19CS13224	AMITH PAUL	✓
192	19MG31003	AMOGH L	✓
193	19CS61001	AMOL ASHISH KUJUR	✓
194	19CS12125	AMOS JAIMES	✓
195	19HU41018	AMOS RUDHAY W G	✓

SL No	Registration Number	Full Name	Attendance
196	19HU61006	AMRITA SHIBU	✓
197	19LS31031	AMULYA M	✓
198	19CS51001	AMY ANNA ROY	✓
199	19LS11029	ANAGHA ANOOP	✓
200	19MG13171	ANAGHA N	✓
201	19HU62066	ANAMIKA B PANICKAR	✓
202	19CS11096	ANAND P R	✓
203	19CO11227	ANANTHA KRISHNAN S	✓
204	19LS11004	ANANTHU VINU	✓
205	19MG11029	ANANYA KANUNGO	✓
206	19CO12300	ANANYA D P	✓
207	19HU61007	ANANYA NANDI MOJUMDAR	✓
208	19MG31037	ANCHITA BANDYOPADHYAY	✓
209	19CO12319	ANCY JENIFER A	✓
210	19MG12102	ANEENA MERIN SAJI	✓
211	19MG21005	ANEESH KUMAR C R	✓
212	19MG21006	ANEETA SARA BINU	✓
213	19CO21007	ANETT GEORGE	✓
214	19MG21007	ANGEL GEORGE	✓
215	19MG21008	ANGEL ELIZABETH JOSEPH	✓
216	19HU62104	ANGEL MARY MATHEW	✓
217	19MG31004	ANGEL SUSAN THOMAS	✓
218	19LS11005	ANGELA SAJI	✓
219	19CO13376	ANGELA TOJIMON	✓
220	19HU62067	ANGELA VICTOR A	✓
221	19CO13361	ANGELA MARIAM SHIBU	✓
222	19HU71003	ANGOM CHANU DIANA	✓
223	19HU71004	ANIET THOMAS	✓
224	19CS14245	ANIRUDDHA MAITI	✓
225	19CO13395	ANIRUDH V	✓
226	19CS14261	ANISH KUMAR	✓
227	19HU51029	ANISHA REGMI	✓
228	19LS21041	ANITHA G	✓
229	19CO71041	ANITHA K	✓

SL No	Registration Number	Full Name	Attendance
230	19MG11030	ANITHA S	✓
231	19HU21003	ANITTA SUNIL	✓
232	19CS11066	ANJAL SALIH	✓
233	19CO13396	ANJALI N	✓
234	19CS12126	ANJALI TOPNO	✓
235	19CO65010	ANJALI YADAV	✓
236	19MG31038	ANJU BABU	✓
237	19CO66080	ANJU LAKSHMI E	✓
238	19MG13228	ANKIT MEDHI	✓
239	19MG12103	ANKITH ALEX RAJESH	✓
240	19LS31003	ANN MARIYA THOMAS	✓
241	19CO59084	ANN MARY NOBLE	✓
242	19HU61008	ANN SANDRA PAULSON	✓
243	19LS21002	ANNA BENITTA	✓
244	19CS21034	ANNA C S	✓
245	19MG11059	ANNIE FLAVIA	✓
246	19CO21059	ANNIE LAZARUS C	✓
247	19CO66060	ANSEN TOM SIBY	✓
248	19CS21035	ANSHAD V	✓
249	19CS14246	ANSO SEBASTIAN	✓
250	19MG13173	ANTHONY ABHISHEK M	✓
251	19MG21056	ANTHONY JACKSON V	✓
252	19LS21003	ANTO MARTIN	✓
253	19CS71003	ANU SIBI	✓
254	19CS41001	ANU SREE BABURAJ	✓
255	19CO58003	ANUJ CHETTRI	✓
256	19LS11030	ANUJA P V	✓
257	19MG31005	ANUJA RAICHAL JOHN	✓
258	19CS21036	ANURAG JAISWAL	✓
259	19MG41014	ANURAG MINJ	✓
260	19CO71042	ANURAG DEEPAK F	✓
261	19CO59085	ANUSHA A	✓
262	19CO71043	ANUSHA N	✓
263	19CO12320	ANUSHA S P	✓

SL No	Registration Number	Full Name	Attendance
264	19CS21005	ANUSHKA BADANI	✓
265	19MG31039	ANVIN MATHEWS	✓
266	19MG41004	ANWESHA KAR	✓
267	19CS14262	APOORVA PAI	✓
268	19CS11097	ARATHI JOHNSON	✓
269	19CO15184	ARAVIND K R	✓
270	19CS14263	ARAVIND S	✓
271	19CO47025	ARCHANA BABOO	✓
272	19MG11081	ARCHANA R	✓
273	19CO14445	ARCHANA R	✓
274	19HU51030	ARCHITA PRAKASH	✓
275	19MG12132	ARIF AHMED VASTARI	✓
276	19CO47026	ARJUN BAHADUR	✓
277	19CO21008	ARJUN P BALAKRISHNAN	✓
278	19CO13377	ARJUN R	✓
279	19CS61009	AROGYA MARY PAVITHRA	✓
280	19CO21049	ARPUDHA A	✓
281	19MG13202	ARUMUGAM M	✓
282	19CS31017	ARUN G K	✓
283	19HU41001	ARUN K	✓
284	19CO65011	ARUN KUMAR K	✓
285	19HU61009	ARUN SHYJU	✓
286	19CO16208	ARUN KUMAR A	✓
287	19CO14494	ARUN NARAYAN DS	✓
288	19CO11248	ARUN R	✓
289	19HU21004	ARVIND SE	✓
290	19LS31018	ARYA K S	✓
291	19LS11006	ARYA NAIR	✓
292	19CS21037	ARYA S	✓
293	19CO31074	ARYAN NATESH IYER	✓
294	19CO66061	ASHA T	✓
295	19CS51028	ASHALATHA S	✓
296	19CO31108	ASHIKA C P	✓
297	19CO15177	ASHIKA U	✓

SL No	Registration Number	Full Name	Attendance
298	19CO65003	ASHISH MATHAI VARGHESE	✓
299	19HU61060	ASHLEY VINOD	✓
300	19MG11031	ASHLIN SUSAN MATHEW	✓
301	19CO12321	ASHOK KUMAR P	✓
302	19CS11111	ASHOK S	✓
303	19LS31019	ASHRITHA S M	✓
304	19CO21050	ASHWIN MURALI	✓
305	19HU51005	ASHWIN PRADEEP	✓
306	19CS51018	ASHWIN K JOHN	✓
307	19CO66053	ASHWIN PAUL CHACKO	✓
308	19CO13397	ASHWINI S	✓
309	19CO59090	ASHWINI V	✓
310	19CO13426	ASHWINI A R	✓
311	19CO65012	ASHWINI BAI R	✓
312	19CO47027	ASIYA SAMREEN	✓
313	19HU71005	ASONYE SEMY	✓
314	19MG21009	ASWANEETH GOVINDAN	✓
315	19CO21009	ASWATHI IYYANI BIJOY	✓
316	19CO71024	ASWIN JAMES	✓
317	19CO69166	ASWIN K	✓
318	19HU51031	ASWIN RAJ	✓
319	19CS11067	ASWIN MON BENNY	✓
320	19CO59086	ATCHAYA J	✓
321	19MG31006	ATCHUTHAN NAIR NANDAKUMAR	✓
322	19LS31037	ATHIRA E C	✓
323	19CO58004	ATHIRA K MENON	✓
324	19MG12104	ATHIRA M	✓
325	19CO71044	ATHIRA M	✓
326	19CS12164	ATHIRA R	✓
327	19CS12127	ATHIRA M G	✓
328	19CO15171	ATHUL B ALEX	✓
329	19CS41002	ATHUL SAJEEV	✓
330	19HU71006	ATHUL GIREESH K	✓
331	19CS61005	ATHULRAJ V V	✓

SL No	Registration Number	Full Name	Attendance
332	19MG13174	ATHULYA NAIR	✓
333	19CO16202	ATHULYA P	✓
334	19CS14264	ATHULYA VIVEK P	✓
335	19HU51032	ATHULYA P NAIR	✓
336	19CS14299	ATUL MATHEW PAIKAD	✓
337	19CO71004	AUDRIN VINAY PHILLIPS	✓
338	19MG12154	AUGUSTINE A	✓
339	19CO58005	AURYN DARIUS FURTADO	✓
340	19CO13398	AUXILIA L A	✓
341	19LS11031	AVANTHIKA KURUP	✓
342	19CO11228	AVIN JOHN	✓
343	19CO21051	AVINASH M	✓
344	19LS21005	AVINASH SEKHAR	✓
345	19CS11098	AYAN BISWAS	✓
346	19HU21005	AYANAMOL THOMAS	✓
347	19MG11032	AYONNA SHEEN	✓
348	19CO16193	B DINESH .	✓
349	19LS41012	B M CHAITANYA RAI	✓
350	19MG11060	BADAPKUPAR SOHTUN	✓
351	19HU62068	BADAPTIHUN MARY R UMDOR	✓
352	19HU21006	BANDI LAKSHMI RAJAMOHAN REDDY	✓
353	19MG21010	BARATH KRISHNAN	✓
354	19CS14293	BASANNAGARI SAI KUMAR REDDY	✓
355	19MG21057	BASKAR D	✓
356	19CO15185	BAVANA P	✓
357	19CO12301	BENITA SAGAYANATHAN	✓
358	19MG12105	BENJAMIN ZOMUANPUIA	✓
359	19MG13175	BENNET BENNY	✓
360	19CO58006	BENNET JOHN BEHANAN	✓
361	19CS13225	BETTINA K THOMAS	✓
362	19CO71025	BHAGIRATHI KUMARI	✓
363	19CO69167	BHARAT MANDLOI	✓
364	19CO71045	BHARATH B M	✓
365	19CO47028	BHARATH G	✓

SL No	Registration Number	Full Name	Attendance
366	19CO16209	BHARATH V	✓
367	19CO71026	BHARATH P	✓
368	19MG13218	BHARGAVI S	✓
369	19HU61010	BHASWATEE DAS	✓
370	19HU21041	BHAVANA N	✓
371	19CO31109	BHAVANI B	✓
372	19CS31022	BHAVANI M	✓
373	19CO13378	BHAVNA SHARMA M	✓
374	19LS11046	BHAVYA T R	✓
375	19CO21010	BHAVYA GUNJAN NAGAR	✓
376	19CO11249	BHOOMIKA K N	✓
377	19CS51002	BHUVANESHWARI K	✓
378	19CO12322	BHUVANESHWARI L	✓
379	19HU51006	BHUVANESHWARI MUTHUMARI	✓
380	19CS11112	BHUVANESHWARI S	✓
381	19CO13399	BHUVANESHWARI B	✓
382	19CS12141	BIKKY KUMAR	✓
383	19CS13181	BILIN P OOMMEN	✓
384	19CS31023	BINDU S	✓
385	19CO14466	BINDU SHREE N	✓
386	19CO66062	BINDUSHREE V	✓
387	19CS21006	BINOY TOISON	✓
388	19MG11033	BIPROJIT GHOSH	✓
389	19MG21011	BLESILEY BABU	✓
390	19CO69145	BLESSAN VARGHESE	✓
391	19LS11007	BLESSON VARGHESE	✓
392	19HU21007	BOFFIN SUNNY	✓
393	19MG12106	BRAVEL FERNANDES	✓
394	19HU62113	BRUNDA KUMARI M	✓
395	19MG13176	BRYAN BINU	✓
396	19HU31001	BRYDEN MAURICE ANTHONY	✓
397	19HU51007	BUDDI DARAHAAAS KIRAN	✓
398	19CS51003	C RAHUL .	✓
399	19HU41002	CALVIN JUDY PIUS	✓

SL No	Registration Number	Full Name	Attendance
400	19HU41003	CAROLENE LALRAMTHANPUII	✓
401	19LS21006	CAROLYN JENNIFER A	✓
402	19LS21007	CAROLYN MARIYA GEORGE	✓
403	19CO47053	CATHERINE .	✓
404	19MG31008	CATHERINE AISHWARYA JUSTIN	✓
405	19LS31004	CATHERINE MARIA JOHNY	✓
406	19MG11034	CELESTIA EMMANUEL	✓
407	19MG13230	CELINE KUJUR	✓
408	19CS41003	CEYOUL JOSEPH KARIATY	✓
409	19CO31110	CHAITANYA S	✓
410	19CO13400	CHAITHRA A	✓
411	19CO15186	CHAITRA A	✓
412	19HU61051	CHAMELY DEVADAS	✓
413	19HU11025	CHANCHAL N BHAGAT	✓
414	19MG12133	CHANDAN PACHAL	✓
415	19CO31075	CHANDAN GOWDA M C	✓
416	19HU41005	CHANDANA P	✓
417	19LS11047	CHANDANA S V	✓
418	19MG41021	CHANDHANA R	✓
419	19CO14446	CHANDINI RONIA DAYANAND	✓
420	19CS12165	CHARAN S	✓
421	19CS31018	CHARAN RAM K	✓
422	19CO71046	CHARAN STALEN G	✓
423	19MG31040	CHARLS JOHN	✓
424	19HU71007	CHAYANIKA SARMA	✓
425	19CS31003	CHENCHU ANIL KUMAR	✓
426	19HU11003	CHENDOOR SUSHIL KUMAR	✓
427	19HU41019	CHENNAME INIYA LAKSHMI K	✓
428	19HU62069	CHERYL RACHEL JOY	✓
429	19CO13379	CHERYLANN NATALIA KUTNIKAR	✓
430	19HU51033	CHESSWIN RICHARD	✓
431	19CO59087	CHETAN JOSHI	✓
432	19CO16210	CHETHAN R	✓
433	19HU31002	CHINGRI KHLANG	✓

SL No	Registration Number	Full Name	Attendance
434	19CO11216	CHINJU S K	✓
435	19HU21008	CHINTA RENUKA	✓
436	19CS14265	CHIRAG KUMAR	✓
437	19CO11250	CHITHRA SHREE M	✓
438	19CO31111	CHITHRA SREE K G	✓
439	19MG12107	CHITTIPROLU LALITH	✓
440	19CS11068	CHONGMEI RAIKHAN	✓
441	19CO47005	CHRIS ROY	✓
442	19MG13177	CHRIS MATHEW THOMAS	✓
443	19LS11008	CHRIS MELVINA M	✓
444	19CS41004	CHRISTIN P MATHEW	✓
445	19CO65013	CHRISTINA JENI C	✓
446	19CO66063	CHRISTINA PRIYA B	✓
447	19LS11009	CHRISTINA ROSE GEORGE	✓
448	19CS21007	CHRISTO ANISH VARGHESE	✓
449	19HU11004	CHRISTY JOHNSON	✓
450	19HU61011	CHYTHRA CHANDRAN MULLOOKARAN	✓
451	19CO31112	CINDRELLA R	✓
452	19CO65031	CLEMENT BABALU R .	✓
453	19CO58007	CYRIL DANIEL	✓
454	19CS21050	DAKSHA .	✓
455	19HU71008	DALAM RISHAN LYNDOH	✓
456	19CO21011	DANI SHAJI PHILIP	✓
457	19CO15178	DANICA MIRIAM WILFRED	✓
458	19MG41015	DANIEL GEORGE JEJI	✓
459	19CO16203	DANISH SHARIEFF H	✓
460	19CO58008	DAONI WAIPHRANG WANSWETT	✓
461	19CO31094	DAPHNE MOSES	✓
462	19MG13203	DARSHAN L	✓
463	19MG11082	DARSHITHA A M	✓
464	19CO12288	DARYL SINGH PHANBUH	✓
465	19MG31009	DAVINA ZION GOVADA	✓
466	19MG31010	DEBAJEET SINGHA	✓
467	19CO59088	DEBARGHYA CHAKRABORTY	✓

SL No	Registration Number	Full Name	Attendance
468	19MG11035	DEBASISH PANDA	✓
469	19CO47006	DEBORAH UMESH	✓
470	19MG31011	DEEBA AHMED	✓
471	19MG11061	DEEKSHITH KRISHNA G	✓
472	19MG12134	DEEKSHITH R	✓
473	19MG13204	DEEP JAVER BHAGAT	✓
474	19CS14281	DEEPA P	✓
475	19LS11048	DEEPA R	✓
476	19CS12128	DEEPAK SALIM	✓
477	19CO71047	DEEPAK M J	✓
478	19HU11005	DEEPANKAR BAISHNAB	✓
479	19CS51042	DEEPIKA M	✓
480	19CO66081	DEEPTHI ANNIE D	✓
481	19CO12323	DEEPTHI C	✓
482	19CS11113	DEEPTHI V	✓
483	19MG11062	DEEPTI SINGH	✓
484	19CO58009	DEEPU .	✓
485	19MG31012	DENNIS SAJI	✓
486	19CO13362	DENNIS PHILIP LOUIS D	✓
487	19CO65032	DENZIL IMMANUEL V	✓
488	19MG21012	DERIX DAX KULATHUNKAL	✓
489	19CO71005	DERRICK FELIX PETER	✓
490	19MG12108	DEVANSH NANDWANA	✓
491	19MG13178	DEVAPRABHA PRASAD	✓
492	19CS12166	DEVARAJ	✓
493	19MG12155	DEVASH KUMAR G	✓
494	19LS41005	DEVAYANI B PANDEY	✓
495	19MG21058	DEVI Y	✓
496	19LS31005	DEVI CHANDANA S	✓
497	19CO13401	DEVI SHANKAR M	✓
498	19LS21037	DEVI VAISHNAVI V	✓
499	19MG31013	DEVIKA KRISHNA KUMAR	✓
500	19HU41027	DEVIKA SREEJITH	✓
501	19CO14467	DEVIKA V	✓

SL No	Registration Number	Full Name	Attendance
502	19CS11099	DHANUSH K	✓
503	19CS21051	DHANUSH R	✓
504	19MG31014	DHANUSH S	✓
505	19CO59091	DHANUSH KUMAR G	✓
506	19CO13402	DHANUSHREE R M	✓
507	19CO58010	DHANYA NARAYANAN	✓
508	19CO15187	DHARSHAN M	✓
509	19CO69146	DHRITHI PRASAD	✓
510	19MG11036	DHRUBAJYOTI ROY CHOWDHURY	✓
511	19CO59092	DHRUTHI M	✓
512	19MG12135	DHRUTHI S	✓
513	19CS13182	DIDYMUS VINOD	✓
514	19HU71009	DILRUBA ABDUL MAJEED	✓
515	19CO71048	DINAKARAN E	✓
516	19CS13226	DINESH D	✓
517	19CO31113	DINESH KUMAR C	✓
518	19CS21008	DION SIMON	✓
519	19LS11032	DIPIKA V	✓
520	19CO65014	DIVYA C	✓
521	19CS11114	DIVYA R	✓
522	19CS12167	DIVYA V	✓
523	19CO16211	DIVYA S	✓
524	19CO11251	DIVYAPRIYA V	✓
525	19MG21013	DIYA P	✓
526	19LS31006	DIYA SAJAN JOHN	✓
527	19CS51004	DON JOSEPH	✓
528	19HU62105	DONA JERRY	✓
529	19CO14432	DONA MARIA SAJI	✓
530	19HU41025	DOONA SHINE D	✓
531	19HU71010	DORCAS ENGMAWII	✓
532	19MG13219	DORTHYREENA DILIP	✓
533	19HU41006	DREEMAL RAJ DAVIDSON	✓
534	19CO69147	DURGA SHAJI	✓
535	19CO58011	DURGESH SINGH BHADAURIYA	✓

SL No	Registration Number	Full Name	Attendance
536	19CO31095	DURGESH YADAV R	✓
537	19CS51019	DWIJA POOKKOTE	✓
538	19CO58012	EANGWANG KONYAK P	✓
539	19MG13229	EAPEN SHAJI	✓
540	19CO21012	EBEN VARGHESE PHILIP	✓
541	19CO58013	EDDIE MONLANG LYGDOH	✓
542	19CS13227	EDRIC ALVIN S	✓
543	19CS11069	EDWIN ALEX ROY	✓
544	19CO21052	EDWIN T. ABRAHAM	✓
545	19CO13363	EDWIN TOM SANTHOSH	✓
546	19CS12129	ELEEN SHINY D SOUZA	✓
547	19CS31004	ELIYASAHMED B	✓
548	19HU51042	ELIZABETH OLIVA R	✓
549	19CO12324	ELIZABETH RANI	✓
550	19CO15172	EMELYN KHAIMEICHHO	✓
551	19HU21032	EMMANUEL SELVA ROYAN R	✓
552	19CS41005	EMMANUVEL CHRISTIN	✓
553	19MG13205	ERWIN SAM	✓
554	19CO47029	ESHA E	✓
555	19CO47054	ESHWAR RAO L S	✓
556	19CS11115	ESTHER J	✓
557	19CS51020	ESTHER S	✓
558	19HU11006	ESTHER VUNG HOIH CHING	✓
559	19CO66082	ESWAR D REDDY	✓
560	19CO31114	EVANGELIN CHRISTINA S	✓
561	19CO11229	EZRA IMMANUEL M	✓
562	19CO58014	FAHIM SHAH	✓
563	19MG12109	FAITH G VARUGHESE	✓
564	19LS31020	FAIZA FARHEEN	✓
565	19MG13179	FAIZAH AHMAD	✓
566	19CO47007	FARHA ZEBA	✓
567	19CS13183	FEBIN GEORGE	✓
568	19MG41005	FEBIN T JOHN	✓
569	19CO12302	FEDRICK LAWRENCE SINGH	✓

SL No	Registration Number	Full Name	Attendance
570	19HU62070	FEMI SARA GEORGE	✓
571	19CS21009	FIONA V REGINOLD	✓
572	19HU61052	FIRDOSE S	✓
573	19CO59089	FIZA	✓
574	19CO31115	FLAVIA ROSHNI	✓
575	19CO13380	FREDY J VENMELIL	✓
576	19MG11063	GAGAN M	✓
577	19LS41008	GAGAN VARSH M	✓
578	19CO13403	GAGANA S	✓
579	19CS12142	GAJENDRA .	✓
580	19CO31116	GANAVI P	✓
581	19CO14447	GAURAV KAUSHIK	✓
582	19MG11037	GAUTAM KUMAR	✓
583	19CS14266	GAUTAM RANJAN	✓
584	19MG11083	GAYATHRI N	✓
585	19HU41020	GAYATHRI S	✓
586	19LS31007	GAYATHRI L NAIR	✓
587	19HU61012	GAYATRI BHARALI	✓
588	19CS11070	GEESON SUNNY	✓
589	19CO47055	GEETHANJALI S	✓
590	19HU51008	GEETHU PETER	✓
591	19CS21010	GEOFFERY BOSCO J	✓
592	19HU51009	GEORGE JACOB PODIPARA	✓
593	19CS12130	GEORGE V JACOB	✓
594	19CO16194	GEORGEE S KURIAN	✓
595	19CS41019	GEORGIA D	✓
596	19HU21009	GERALD JACOB S	✓
597	19CO14468	GERIN PRATHIBA C	✓
598	19CS41020	GHOUSIYA ABBAS	✓
599	19CO12354	GIBSON JOSEPH SAJI	✓
600	19LS11010	GIMAYA GILBERT	✓
601	19CS12168	GIRI PRASAD M	✓
602	19CS13228	GIRISH R	✓
603	19MG12136	GLORIA DANTHI	✓

SL No	Registration Number	Full Name	Attendance
604	19CS13184	GLORY REJI	✓
605	19CS11116	GLORY SUSAN J	✓
606	19CO11217	GODWIN BIJU	✓
607	19CO58015	GODWIN JAMES	✓
608	19HU31013	GODWIN JONATHAN L	✓
609	19LS31035	GOKUL KRISHNA M R	✓
610	19CO66064	GOKUL M	✓
611	19MG13206	GOKUL SINGH DANU	✓
612	19CS21038	GOLLA SURENDRA	✓
613	19CO59093	GOMATHI P	✓
614	19CS51029	GOPINATH D	✓
615	19MG11064	GOURAV ANAND	✓
616	19MG13224	GOWRI NARAYAN	✓
617	19CO21013	GOWRI ALANCHERY SAJEESH	✓
618	19CS12169	GOWTHAM A	✓
619	19CO14469	GOWTHAMI A	✓
620	19CS11071	GOWTHAMI V	✓
621	19HU11026	GRACE BLESSY	✓
622	19HU62071	GRACE JOSEPH	✓
623	19CO65015	GRACY FLORA U S	✓
624	19MG12156	GRAISHIYA S	✓
625	19CO31096	GULSHAN	✓
626	19CO58016	GUNAL M	✓
627	19CO12289	GURPREET SINGH	✓
628	19CO15188	GURU PRIYA DHARSHINI G	✓
629	19LS11011	GUVVALA VAIBHAV SAI	✓
630	19LS11012	GYAN PRAKASH	✓
631	19CS21039	HAFAH AYMAM A	✓
632	19HU62114	HAMSAVENI N	✓
633	19CO31117	HAMSAVENI R	✓
634	19CO21014	HANNA RAJAN	✓
635	19CO58017	HANNA PHILIP MATHEW	✓
636	19HU61013	HANNAH JIGI THARAKAN	✓
637	19CO13381	HANUMESH MALHOTRA	✓

SL No	Registration Number	Full Name	Attendance
638	19CO31097	HARI PRASAD P	✓
639	19CS11100	HARI PRASAD S	✓
640	19CS13229	HARI PRIYA M	✓
641	19HU11007	HARIHARAN K	✓
642	19CS31005	HARIKARTHIK K	✓
643	19CO21015	HARIKRISHNA T S	✓
644	19CS51005	HARIKRISHNA V R	✓
645	19CS21052	HARINI P	✓
646	19CO16212	HARINI R	✓
647	19CO11252	HARINI S	✓
648	19CS11117	HARINI SRIJA S	✓
649	19CS21011	HARISH K	✓
650	19LS41009	HARISH K	✓
651	19MG21038	HARISH K M	✓
652	19CO71049	HARISH KUMAR V	✓
653	19CO47056	HARISH KUMAR V	✓
654	19HU62072	HARITHA M	✓
655	19CO21016	HAROLD V JOSE	✓
656	19CO31076	HARSH KUMAR	✓
657	19CS12170	HARSHA KM	✓
658	19HU62106	HARSHANAA TANDON	✓
659	19CO12325	HARSHAVARDHAN C	✓
660	19MG21014	HARSHDEEP SINGH SAGGU	✓
661	19CS51006	HARSHINI S	✓
662	19CS21040	HARSHINI S	✓
663	19CO47008	HARSHITA BAGHEL	✓
664	19HU51046	HARSHITA CHAURASIA	✓
665	19MG12137	HARSHITA SHAW	✓
666	19CO31118	HARSHITHA G D	✓
667	19CO13404	HARSHITHA J	✓
668	19CO15179	HARSHITHA K	✓
669	19CO14470	HARSHITHA R	✓
670	19LS11033	HARSHITHA S P	✓
671	19CO31119	HARSHITHA N	✓

SL No	Registration Number	Full Name	Attendance
672	19CS12143	HASEEF AZHAAN	✓
673	19CO31098	HASNAIN KHAN	✓
674	19CO59094	HEMA G	✓
675	19HU61014	HEMANT POUDYAL	✓
676	19CS31006	HEMANTH KUMAR NAIDU KUNAPURI	✓
677	19CS12131	HEMIN ENOSHYA	✓
678	19LS31008	HENNAH JENNIFER R	✓
679	19CS13185	HERINA EVANGELIN A	✓
680	19CO21017	HIMA JIMMY	✓
681	19MG12110	HIMANSHU MANWANI	✓
682	19CO21018	HISHAM ABDUL JALEEL KALLAYI	✓
683	19CO65033	HITAISHREE M	✓
684	19CO13405	HITESH R GOWDA	✓
685	19CO65004	HRIDYA P S	✓
686	19CO69148	HRISHIKESH SUDHARSAN	✓
687	19MG41006	HRITHIK DAS	✓
688	19CO58018	HRITHIKA RAJ PETER	✓
689	19CS51030	INDUSHREE L	✓
690	19CS11072	ISAAC IMMANUEL X P	✓
691	19CO47030	ISAAC STALIN M	✓
692	19CS12132	ISHA KHANDELWAL	✓
693	19HU71012	ISHA PARVATIYAR	✓
694	19HU61015	ISHITA TEWARI	✓
695	19CO66083	ISHWARIYA V	✓
696	19HU71013	JABEZ LALLUNGLIEN K GANGTE	✓
697	19CO16204	JACINTHA J	✓
698	19LS11013	JACKSON JOHN A	✓
699	19CO71006	JACOB LALRAMDINA	✓
700	19HU11008	JACOB G SAMUEL	✓
701	19CO58019	JAGADALA MAHALAKSHMI	✓
702	19CS13230	JAGADISH S	✓
703	19CO58020	JAGRITI	✓
704	19CS11118	JAHNAVI R	✓
705	19CO13364	JAI PRAKASH G	✓

SL No	Registration Number	Full Name	Attendance
706	19CO14433	JAIVIN SAJI	✓
707	19HU21010	JALA ROHITH	✓
708	19CS14267	JAMES SOLOMON H	✓
709	19HU62074	JAMIN JAMES	✓
710	19CO15189	JAMUNA U	✓
711	19CS12171	JANAKI PRIYA M	✓
712	19CS41021	JANANI D	✓
713	19CO31120	JANANI M	✓
714	19CS41022	JANANI N	✓
715	19CO66065	JANANI R	✓
716	19CS51007	JANANI S	✓
717	19CO11253	JANCY MONICA J	✓
718	19CS51031	JANE JOYCE MARY V	✓
719	19CO65034	JANET ARPITHA A	✓
720	19CS13186	JANI JOHN	✓
721	19HU61016	JANNAT KALYANI	✓
722	19CO58042	JASMINE A	✓
723	19MG13220	JASMINE J MENDIS	✓
724	19MG13180	JATIN MITTAL	✓
725	19CO71050	JAVED AHAMED J	✓
726	19CS13231	JAYANTH KUMAR S	✓
727	19CO47031	JAYASHREE .	✓
728	19MG41016	JAYESH RASAL TOPPO	✓
729	19LS31021	JEASMON THOMAS	✓
730	19CO58021	JEB LUKE MATHEW	✓
731	19CS31007	JEBETH JAYMO SOLOMON JASON	✓
732	19HU21011	JEBIN MONCY GEORGE	✓
733	19CS11101	JEESEN BOBBY NARIMATTOM	✓
734	19CO21060	JEEVITHA H M	✓
735	19CO11230	JEEVITHA J	✓
736	19MG41022	JEEVITHA M	✓
737	19MG31054	JEEVITHA J	✓
738	19HU51010	JEFFIN BIJI THOMAS	✓
739	19CO66084	JEFFREY CHRISTOPHER	✓

SL No	Registration Number	Full Name	Attendance
740	19CO14434	JEFRINE K SHAJI	✓
741	19HU61017	JEMIMAH JIGI THARAKAN	✓
742	19MG21039	JENI TIGGA	✓
743	19CO65035	JENIFER K	✓
744	19HU62075	JENISHA JUSTIN ABRAHAM	✓
745	19CO47032	JENNEY SUSAN JOHN	✓
746	19HU71041	JENNIFER D	✓
747	19CO47009	JENNIFER JAMES	✓
748	19CO31121	JENNIFER L	✓
749	19MG11038	JEREMY SHAJI	✓
750	19CO21019	JERIN MATHEW	✓
751	19CS11073	JERIN THOMAS	✓
752	19CO21020	JERIN JOHN MATHEW	✓
753	19LS11014	JERIN RAJU VARGHESE	✓
754	19MG21015	JERIN SABU THOMAS	✓
755	19MG13207	JERMIYAS PAUL S D	✓
756	19HU61053	JERUSHA PEARL J	✓
757	19CO66085	JESIYA ANGELIQUE A	✓
758	19CS51032	JESSICA Y	✓
759	19CO12303	JESSY CHARLY	✓
760	19CO58022	JESSY PRIYA J	✓
761	19MG21040	JESTIN GEORGE	✓
762	19MG12111	JESTIN JOHNSON	✓
763	19CO58023	JESTINA MARIAM THOMAS	✓
764	19CO65016	JETHENDER S	✓
765	19CS12133	JEXIN XAVIER STANY	✓
766	19CO58024	JEYA ASHWIN J	✓
767	19HU62076	JEZANIA LILSHIA J	✓
768	19CS13187	JIBIN BABY	✓
769	19HU61019	JIBIN JOHNSON	✓
770	19CS41006	JIBIN JOSEPH	✓
771	19CO58043	JIMMY JAYANT TIGGA	✓
772	19HU62077	JIMNA JOHNSON	✓
773	19HU61020	JINCYMOL SATHYAN	✓

SL No	Registration Number	Full Name	Attendance
774	19HU62078	JINITA GEORGE	✓
775	19CO21021	JINO GIGI	✓
776	19CS11119	JINO MATHEW M J	✓
777	19CO15173	JINS J KARUKAYIL	✓
778	19MG11065	JINSA REJI	✓
779	19LS31022	JINSON JACOB	✓
780	19CO31137	JINTU BRAHMA	✓
781	19LS21008	JISSA SUNNY	✓
782	19CS51033	JITH P JOHN	✓
783	19HU51034	JITHIN ALEXANDER	✓
784	19CO58025	JITHIN ROY	✓
785	19CS12144	JITHU JOSEPH	✓
786	19CO21022	JIYA BABU	✓
787	19MG21016	JOB P SAMUEL	✓
788	19LS31009	JOCELYN KUNJU JOHN	✓
789	19MG13181	JOE JOSE ANIL	✓
790	19CS51034	JOEL A	✓
791	19MG31015	JOEL BIJU	✓
792	19HU21042	JOEL JOHN	✓
793	19CO69149	JOEL JOSE	✓
794	19HU21012	JOEL VANLALBUATSAIHA	✓
795	19CS14268	JOEL YOHANNAN	✓
796	19CS21012	JOEL JOHN JOSEPH	✓
797	19CO16195	JOEL KORAH ANCHERI	✓
798	19CO66054	JOEL MANOJ MATHEW	✓
799	19CO58026	JOEL P KURUVILLA	✓
800	19CO66066	JOEL S THOMAS	✓
801	19CO58027	JOEL TOM ALEX	✓
802	19CO71007	JOHAN SAM NINAN	✓
803	19LS21019	JOHAR AFREEN I	✓
804	19CO11218	JOHN DAVID	✓
805	19CS51008	JOHN K J	✓
806	19CS12172	JOHN MATHEW	✓
807	19HU71014	JOHN ALEXANDER M	✓

SL No	Registration Number	Full Name	Attendance
808	19MG21059	JOHN PETER P	✓
809	19CO21023	JOHN VARGHESE OOMMEN	✓
810	19CO12290	JOHNS SCARIA	✓
811	19CO21024	JOHNS T SUNNY	✓
812	19CO47010	JONATHAN ZION KUMAR	✓
813	19CO21025	JOPHAL SHAJU NANDIKUNNEL	✓
814	19CS21013	JOPHY MARY MATHEW	✓
815	19LS11015	JOSEPH BIJU	✓
816	19CS11074	JOSEPH DAVY	✓
817	19HU71015	JOSEPH LALRAMDINA	✓
818	19HU11009	JOSEPH THOMAS	✓
819	19HU31019	JOSEPH A	✓
820	19LS31023	JOSEPH J KACHAPPALLY	✓
821	19CO13365	JOSEPH M JOSEPH	✓
822	19CS12134	JOSHUA BASUMATARY	✓
823	19CO11283	JOSHUA THOMAS	✓
824	19HU62107	JOSHUA GEORGE NINAN JOHN	✓
825	19CO71008	JOSHUA MANUAL ROY	✓
826	19MG11039	JOSHUA R VARGHESE	✓
827	19CO14435	JOSNA SHAJI	✓
828	19CO47057	JOTHIKA B	✓
829	19CO65017	JOVITA HENZHYA	✓
830	19CO71009	JOVITA ELIZABETH SHAJI	✓
831	19CO66067	JOY ROBIN Y	✓
832	19MG12138	JOY ANNA PEREIRA	✓
833	19MG12112	JOYAL GEORGE JOHNSON	✓
834	19CS31024	JOYAL SARKI J	✓
835	19HU71016	JOYCE KENT	✓
836	19HU51035	JOYCE MAYBEL D	✓
837	19HU31004	JOYCLINE THERESA N M	✓
838	19HU71017	JOYKEZIA J	✓
839	19CS13232	JUBIN JOHN K J	✓
840	19CS13188	JUBNA KUNHIPPA	✓
841	19MG13208	JUDE KEERTHICK	✓

SL No	Registration Number	Full Name	Attendance
842	19CS11102	JUGAL M PATEL	✓
843	19HU11027	JULIA SUNIL K	✓
844	19CS11075	JUSSON JAYAS	✓
845	19LS31024	JUSTIN BABU	✓
846	19LS41006	JYOLSNA MATHEW	✓
847	19LS11049	JYOTHI N N	✓
848	19MG31016	JYOTHI P	✓
849	19HU31014	JYOTHI ROKA	✓
850	19CS51021	JYOTHI KUMARI J G	✓
851	19CO13382	JYOTHI M	✓
852	19CO58028	JYOTHIS BABU	✓
853	19CO21027	K NIKHIL	✓
854	19LS31033	KALI SRUTHI EVANGELINE	✓
855	19MG13182	KALIDINDI SATVIK	✓
856	19CO65018	KALPANA KUMARI SHARMA	✓
857	19CS12135	KAMAL MEGHANI	✓
858	19CO47011	KAMAL DEEP SINGH SIDHU	✓
859	19CO11254	KAMALI G	✓
860	19CS21041	KAMINI NEHA M	✓
861	19HU31005	KANALI N ZHIMO	✓
862	19CO14448	KANISHKA V	✓
863	19HU61021	KANZA KAMAL MOHIYUDDIN	✓
864	19CS41023	KARAN AGRAWAL B	✓
865	19HU51011	KAREN SHERYL SANDHY	✓
866	19CO21053	KARISHMA K	✓
867	19CS13189	KARTHICK S	✓
868	19MG11084	KARTHIGEYAN T	✓
869	19HU61054	KARTHIK KRISHNA M K	✓
870	19CO12326	KARTHIK N	✓
871	19CO31122	KARTHIK N	✓
872	19HU41007	KARTHIK NADH G	✓
873	19CS12145	KARTHIK SANTOSH	✓
874	19LS31032	KARTHIK M	✓
875	19CS11076	KARTIK PHADKE	✓

SL No	Registration Number	Full Name	Attendance
876	19CS14295	KARTIK CHANDRA NAIK	✓
877	19HU71018	KASHYAPEE PATHAK	✓
878	19CO14449	KAVERI	✓
879	19CO65036	KAVIARASAN S	✓
880	19HU41026	KAVITHA K	✓
881	19CO13406	KAVYA C	✓
882	19CO14471	KAVYA D	✓
883	19CO59095	KAVYA D	✓
884	19CO66086	KAVYA L	✓
885	19CO31123	KAVYA R	✓
886	19CO47059	KAVYA S	✓
887	19CO15180	KAVYA SREE E	✓
888	19CS11120	KAVYASHREE S	✓
889	19CO16205	KEERTHANA A	✓
890	19HU71019	KEERTHANA KRISHNAN	✓
891	19CO11219	KEERTHANA M S	✓
892	19CO65037	KEERTHANA N	✓
893	19CO11255	KEERTHANA S V	✓
894	19CS41024	KEERTHANA K	✓
895	19CO59096	KEERTHI B H	✓
896	19CO69169	KEERTHI YADAV V	✓
897	19CS12173	KEERTHIGA P	✓
898	19CS41025	KEERTHIKA K	✓
899	19CS31008	KEERTHIKA S	✓
900	19HU21013	KEREN MARY JOSE	✓
901	19MG11040	KESHAV KUMAR	✓
902	19MG11066	KESHAV PRAVEEN	✓
903	19CO15190	KETHANA L	✓
904	19CO71010	KEVIN A	✓
905	19HU21014	KEVIN STANI	✓
906	19MG21017	KEVIN THOMAS	✓
907	19MG41007	KEVIN BABEN ELLICKEN	✓
908	19MG12113	KEVIN GEO THOMAS	✓
909	19CO21028	KEVIN IPE VARGHESE	✓

SL No	Registration Number	Full Name	Attendance
910	19CO69150	KEVIN JOSEPH KUNCHATTIL	✓
911	19CO66087	KEVIN NIRMAL E	✓
912	19CO15174	KEVIN PHILIP VINU	✓
913	19CO58029	KEVIN SHOGI MULLAKKARA	✓
914	19MG13183	KEVINGULIE SEKHOSÉ	✓
915	19LS11034	KEZIA ABIGAIL L	✓
916	19HU11010	KEZIA ANNA MATHEW	✓
917	19CO21029	KEZIAH JOSE	✓
918	19CO21054	KHUSHAL AGGARWAL	✓
919	19CO11231	KIRAN H	✓
920	19CS14269	KIRAN V	✓
921	19HU31006	KIRAN R PATIL	✓
922	19MG12157	KIRAN S	✓
923	19CO12327	KIRTHANA J	✓
924	19MG21041	KISHORE D	✓
925	19CO11256	KISHORE N	✓
926	19CO12304	KISHORE S V	✓
927	19CS13233	KISHORE KUMAR K	✓
928	19HU21051	KONDURU SRAVAN SIVAJI	✓
929	19MG11041	KOVVURI PUSHPA LATHA	✓
930	19CS14282	KOWSALIYA R	✓
931	19CS12174	KRISHA B	✓
932	19CO31099	KRISHNANJANA P	✓
933	19CS11103	KRISHNAPRASAD R	✓
934	19LS31025	KRISHNAPRIYA .	✓
935	19MG13221	KRISHNAPRIYA P	✓
936	19CS12146	KRITHIK S	✓
937	19CO47034	KRITHIKA S	✓
938	19LS21036	KRITHIKA JANATE A	✓
939	19HU21033	KRITHIKA S	✓
940	19HU62079	KRYSTAL STEPHEN	✓
941	19HU21015	KUDUMU VIDHYADHARI	✓
942	19CO47012	KUMAR ANANT	✓
943	19MG12139	KUMAR ISHAN	✓

SL No	Registration Number	Full Name	Attendance
944	19MG12114	KUMARI RUCHIKA	✓
945	19HU71042	KUMARI S	✓
946	19CO47013	KUNAL SEN	✓
947	19CS13190	KUNAL YADAV	✓
948	19CO12328	KUSHAL M	✓
949	19CO47060	KUSHAL KUMAR M	✓
950	19CS11078	KUVISHA A	✓
951	19MG13209	KUWAR ABHINAV AMAN	✓
952	19MG13184	KYNSAILANGKI PACHANG	✓
953	19CO13383	L SUNIL KUMAR	✓
954	19CO13407	LAKSHMI Y	✓
955	19HU61022	LAKSHYA BHUTANI	✓
956	19CO16196	LALCHHANHIMI F	✓
957	19MG31017	LALENGKIMA	✓
958	19CS51009	LALHMANGAIHI C	✓
959	19HU21050	LALHMANGAIHZUALA	✓
960	19HU11011	LALHMINGLIANI C	✓
961	19CO71011	LALHMINGTANI .	✓
962	19CO47035	LALITH V CHAVAN	✓
963	19CO31124	LALITHA M	✓
964	19HU11012	LALLAWMZUALA	✓
965	19HU21016	LALMALSAWMI	✓
966	19HU11013	LALMUANPUII C	✓
967	19HU11014	LALNUNKIMA C	✓
968	19LS11060	LALRAMTHARI .	✓
969	19HU71020	LALREM RUATI RALTE	✓
970	19MG11042	LALRINMUANA	✓
971	19HU51012	LALRUATSANGA .	✓
972	19CO11220	LALTHAKIMA K	✓
973	19MG31018	LASSAKA LAMIN	✓
974	19CS14270	LAVANYA JENA	✓
975	19CS21053	LAVANYA V	✓
976	19LS11050	LAVANYA B C	✓
977	19CO14472	LAVANYA K	✓

SL No	Registration Number	Full Name	Attendance
978	19CS13234	LAVIN CHETTIYAPPA K N	✓
979	19LS21020	LAXMI DEVI K K	✓
980	19CS11079	LAYDHA ANURAG	✓
981	19CO65005	LEE NINAN ABRAHAM	✓
982	19MG11085	LEELAVATHI N	✓
983	19CO14450	LEENIYA A	✓
984	19CO59097	LEKHA M S	✓
985	19CO59098	LEKHANA R	✓
986	19HU31007	LEO SENTHAO GOLMEI	✓
987	19CO12291	LESLIE MATHEW JACOB	✓
988	19MG21018	LEVINA MARY JACOB	✓
989	19LS41011	LIBIN V JOSEPH	✓
990	19CS31025	LIKHITHA D	✓
991	19CO47014	LIKHITHA J	✓
992	19CO12329	LIKITH H R	✓
993	19CO11257	LIKITHA D	✓
994	19MG41017	LIMMINA LEENOSE	✓
995	19CO71012	LINDA ELSA LAJI	✓
996	19CO21030	LINSHAL KUNNATH FAISAL	✓
997	19CO47015	LITHIKA D	✓
998	19LS31010	LITZIA SEBASTIAN	✓
999	19CO13366	LIYA GEORGE	✓
1000	19MG31041	LIYA THERESA	✓
1001	19HU71021	LOBSANG PHALGAY L	✓
1002	19CS11104	LOHIT K	✓
1003	19CS51022	LOHIT S	✓
1004	19MG31042	LOKESH P	✓
1005	19CS61006	LOKESH RAJA K	✓
1006	19CO47061	LOKESHWARY D	✓
1007	19LS31026	LORRAINE TISSAN	✓
1008	19HU62080	LOTSULU SAZO	✓
1009	19HU61023	LOVELY ALEX	✓
1010	19CS61002	LOYAMBA CHABUNGBAM	✓
1011	19CO66055	LUBANZA MUBENGA OBED	✓

SL No	Registration Number	Full Name	Attendance
1012	19CO47036	LUBNA AIMAN	✓
1013	19HU21034	LUNKHOHEN HAOKIP	✓
1014	19CO14436	LUVIN KURIAN JACOB	✓
1015	19CS13191	LYADA AJAY	✓
1016	19MG11067	LYJU M SAJI	✓
1017	19CO12292	M DURAI PANDIYAN	✓
1018	19CO58044	M MOHAMMED RAFI	✓
1019	19LS21038	M N ABHISHEK ANANTH KUMAR	✓
1020	19CO31100	MADAN M	✓
1021	19CO11258	MADAN S	✓
1022	19HU21035	MADDUKURI PAVAN KUMAR	✓
1023	19CO11259	MADHU KIRAN V	✓
1024	19CO12330	MADHU KUMAR H M	✓
1025	19CO47037	MADHU MITHA B	✓
1026	19LS31027	MADHUKAR K	✓
1027	19CS12147	MADHUMITHA D	✓
1028	19CO13408	MADHUMITHA M	✓
1029	19CO66068	MADHUMITHA S	✓
1030	19CO58058	MAHENDRA M	✓
1031	19CS14283	MAHENDRA PRASAD R	✓
1032	19CO14473	MAHESH P	✓
1033	19MG12158	MAHESHWARI R	✓
1034	19CS21054	MAHIMA M	✓
1035	19CO31101	MAHIN BIR SINGH	✓
1036	19HU62108	MALAVIKA RAJEEV	✓
1037	19CO65038	MALAVIKA D	✓
1038	19HU21017	MALSAWMTLUANGA	✓
1039	19HU11015	MALSAWMTLUANGA C	✓
1040	19MG31043	MAMTA RAWAT	✓
1041	19CS12175	MAMTESH N	✓
1042	19CO31125	MANASA R	✓
1043	19CO58030	MANASH PRATIM CHOUDHURY	✓
1044	19HU51036	MANEESHA P V	✓
1045	19CO11260	MANGAI ARASI K	✓

SL No	Registration Number	Full Name	Attendance
1046	19CO11232	MANI MEGHALAI	✓
1047	19MG13222	MANI BHARATHI S	✓
1048	19CO11261	MANISH RAJ T R	✓
1049	19CO58045	MANISHA S	✓
1050	19CO47062	MANJU S	✓
1051	19CO66088	MANJUNATH G VASTRAD	✓
1052	19MG11086	MANJUNATH M	✓
1053	19CO47063	MANJUNATH M	✓
1054	19CO12331	MANJUTHINI K	✓
1055	19CO47038	MANNA MARIA LEGY	✓
1056	19CO11262	MANOJ KUMAR S	✓
1057	19CO71051	MANOJ K A	✓
1058	19CO31077	MANOJ KUMAR M	✓
1059	19CO65006	MANSI SHARMA	✓
1060	19LS21021	MANSI SHAMRAO SUKHADEVE	✓
1061	19HU62081	MANU ALEX	✓
1062	19CO12332	MANU M	✓
1063	19MG12140	MANUKRISHNA M M	✓
1064	19HU41008	MARI SELVAN G	✓
1065	19CO47039	MARIA ANTONY	✓
1066	19CO71052	MARIA AROCKIANATHAN A	✓
1067	19MG31044	MARIA JOJU	✓
1068	19CO21031	MARIA JOSEPH	✓
1069	19MG31019	MARIA S	✓
1070	19CO66069	MARIA SABASTINA M	✓
1071	19CO47064	MARIA SHALINI A	✓
1072	19CO65019	MARIA JENNIFER M	✓
1073	19HU51037	MARIA PRIYANKA JOHN	✓
1074	19LS21043	MARIA RINCY B	✓
1075	19CO13409	MARIA SAHANA P	✓
1076	19CS13235	MARIA THERESA A	✓
1077	19CS11080	MARK JOHNSON CORREYA	✓
1078	19CO65039	MARTINA ELIZABETH J	✓
1079	19CO14474	MARY SUPRITHA S	✓

SL No	Registration Number	Full Name	Attendance
1080	19CO15181	MARYAM FIDA	✓
1081	19LS11017	MARYANNE VARGHESE	✓
1082	19CO11221	MATHEW JACOB	✓
1083	19CO71013	MATHEWS GEORGE	✓
1084	19CO31078	MATHEWS JOSE	✓
1085	19CO66056	MATHEWS MANOJ	✓
1086	19CS13208	MD SALAHUDDIN	✓
1087	19CS11081	MD AMAAN RAZA	✓
1088	19CO69151	MEBIN JOSEPH	✓
1089	19CO12333	MEBIN P CHERIAN	✓
1090	19MG12159	MEENA J	✓
1091	19HU21043	MEENAKSHI R	✓
1092	19CO58031	MEENU SHARMA	✓
1093	19CS11105	MEET H PATEL	✓
1094	19LS11018	MEGAN TIA CARNEIRO	✓
1095	19CO11233	MEGHA THOMAS	✓
1096	19LS11019	MEGHA MARIAM MATHEW	✓
1097	19CO47065	MEGHANA C	✓
1098	19CO21061	MEGHANA S	✓
1099	19CO16197	MEHREEN FATHIMA	✓
1100	19CS13192	MELBIN JOSEPH	✓
1101	19CS41007	MELBIN JOSEPH	✓
1102	19MG12115	MELBIN K RAJAN	✓
1103	19MG41008	MELGIN MANOJ	✓
1104	19CO65020	MELINDA CLAUDINE I CHARLES	✓
1105	19CS12148	MELVIN GEORGE DANIEL	✓
1106	19MG13210	MELVIN JOSEPH F	✓
1107	19HU51013	MELVIN JOSHUA THOMAS	✓
1108	19MG21019	MELVIN VINEETH J	✓
1109	19MG21042	MELWIN SHAJU MATHEW	✓
1110	19CO47040	MERCY K	✓
1111	19MG31020	MERIN LEENA CHERIAN	✓
1112	19CS13209	MERLIN DIANA J	✓
1113	19MG21020	MERLIZTA ANPHY JOY	✓

SL No	Registration Number	Full Name	Attendance
1114	19CO66070	MERWIN JOSEPH K E	✓
1115	19HU61024	METOK LHAMO	✓
1116	19MG13185	MIHIKA PATEL	✓
1117	19CS11082	MIKHAEL THOMAS T B	✓
1118	19HU61025	MILIA ROSE CHARLY	✓
1119	19CO11222	MINHAS MOHAMMED ELACHOLA	✓
1120	19CO65021	MISBA AFREEN R	✓
1121	19CO12334	MITHILESH L H	✓
1122	19CO21062	MITHUN R	✓
1123	19CO58059	MITHUN TEJAS S	✓
1124	19CO69152	MOHAMED NABEEL	✓
1125	19MG11068	MOHAMMAD ADNAN SHARIEFF	✓
1126	19CO58046	MOHAMMAD OMAR AHMED	✓
1127	19LS11020	MOHAMMAD YOONUS KHAN	✓
1128	19CO71027	MOHAMMED ALI	✓
1129	19CS11106	MOHAMMED AMMAR	✓
1130	19CO47041	MOHAMMED ARBAZ	✓
1131	19MG31045	MOHAMMED FASIULLAH	✓
1132	19CO47016	MOHAMMED FEBIN	✓
1133	19CS21042	MOHAMMED FURQAN	✓
1134	19MG11043	MOHAMMED ISMAIL	✓
1135	19CS12149	MOHAMMED MUDASSIR	✓
1136	19CO47042	MOHAMMED MUZAMMIL	✓
1137	19MG21043	MOHAMMED NABEEL	✓
1138	19MG31021	MOHAMMED NIHAL	✓
1139	19CO71028	MOHAMMED NIZAMUDEEN	✓
1140	19HU11016	MOHAMMED ROSHAN C	✓
1141	19CS11083	MOHAMMED SARIM	✓
1142	19CS13210	MOHAMMED SHAHSAD	✓
1143	19CS11107	MOHAMMED ABUZAR L	✓
1144	19CS41026	MOHAMMED AFFAN GHANI M	✓
1145	19CS12150	MOHAMMED AFFAN HUSSAIN	✓
1146	19CO71029	MOHAMMED AFNAN AHMED	✓
1147	19CS13211	MOHAMMED ASIF A P	✓

SL No	Registration Number	Full Name	Attendance
1148	19MG21044	MOHAMMED ASIFA VS	✓
1149	19CS21043	MOHAMMED BILAL JAVEED	✓
1150	19MG31022	MOHAMMED FAIZAN	✓
1151	19CO11234	MOHAMMED JUNAID B	✓
1152	19CO21032	MOHAMMED LIYAS LATIF	✓
1153	19MG12116	MOHAMMED SHAYAAN JUNAIDI	✓
1154	19MG12141	MOHAMMED SULTAN SHARIFF	✓
1155	19CS13193	MOHANA PRIYA P	✓
1156	19CO12305	MOHD NASHATH KHAN	✓
1157	19CO58032	MOHD RAIYAAN HUSAIN	✓
1158	19CS11108	MOHIUDDIN JEELANI	✓
1159	19CO14475	MONICA M	✓
1160	19CO11263	MONICA R	✓
1161	19CO47043	MONICA S A	✓
1162	19MG21045	MONICA SELES	✓
1163	19CO66089	MONICA SELES E	✓
1164	19CO71014	MONIKA M	✓
1165	19CO21033	MONISH S	✓
1166	19LS11051	MONISHA K	✓
1167	19HU21044	MONISHA M	✓
1168	19CS14284	MONISHA M	✓
1169	19CS12176	MONISHA S	✓
1170	19HU71039	MONISHA SHARMA	✓
1171	19CO58060	MONISHA J	✓
1172	19CS12151	MONISHA JULIET A	✓
1173	19CO58061	MONY MAILA ROSE S	✓
1174	19HU62082	MRINALINI DAS	✓
1175	19CO31102	MUDDASIR KHAN	✓
1176	19HU61055	MUHAMMAD AZEEN	✓
1177	19CO47017	MUHAMMED ISTHIFAQ	✓
1178	19CO13384	MUHAMMED SAHAL	✓
1179	19CO47018	MUHAMMED SHAHSAN	✓
1180	19HU61026	MUHAMMED NAEEM T V	✓
1181	19CS13212	MUHAMMED SAHAL S M	✓

SL No	Registration Number	Full Name	Attendance
1182	19CO66071	MUNISH RAM H	✓
1183	19CO21034	MURAHARI SAI VARA LAKSHMI	✓
1184	19CO12335	MURALI K R	✓
1185	19MG31023	MUSKAN	✓
1186	19CS11085	MUSKAN AGARWAL	✓
1187	19CO71030	MUZAMMIL K V	✓
1188	19CO13410	NACHIKETH C	✓
1189	19CO21035	NADEEM MALIK THINDIKKAL	✓
1190	19CO21036	NADEEM NAZER NANNATU	✓
1191	19MG31024	NAGA VISHAL TADIKONDA	✓
1192	19CO47066	NAGASHREE G S	✓
1193	19HU21018	NAGIREDDY NIRANJAN REDDY	✓
1194	19HU51038	NAGMA PARBIN	✓
1195	19CO21037	NAHIL ABDUL JALEEL	✓
1196	19CO47044	NALLAPU CHAITHRA	✓
1197	19CS31026	NAMRATHA VASU	✓
1198	19CO65022	NAMRATHA I	✓
1199	19HU31021	NANCY INBARANI S	✓
1200	19CO12306	NANCY S	✓
1201	19CS11109	NANDA KUMAR T	✓
1202	19MG13223	NANDHINI H	✓
1203	19LS11021	NANDHINI M	✓
1204	19CO14476	NANDINI M	✓
1205	19LS11052	NANDINI M	✓
1206	19HU41009	NANDINI SAJU	✓
1207	19CO11235	NANDINI P	✓
1208	19CO12293	NANGTEI KUPAR SUN	✓
1209	19HU31015	NAOMI ANTONETTE ALPHONSO	✓
1210	19MG13211	NARAYANI SINGH	✓
1211	19CS13236	NARENDRA	✓
1212	19CS14285	NARESH P	✓
1213	19CO65040	NARMADA D	✓
1214	19CO47067	NARMADA SADAN P	✓
1215	19CS31009	NARMATHA P	✓

SL No	Registration Number	Full Name	Attendance
1216	19MG11069	NAVEEN E	✓
1217	19CS12152	NAVEEN K	✓
1218	19CO11264	NAVEEN P	✓
1219	19CO11236	NAVEEN PHILIP	✓
1220	19CO66090	NAVEEN KUMAR V	✓
1221	19CO11265	NAVEEN RAJ A	✓
1222	19CS31027	NAVEEN RAJ D	✓
1223	19CO12336	NAVEENA G	✓
1224	19HU51015	NAVEYA OBEROI	✓
1225	19HU51016	NAVYA CHARAN	✓
1226	19CO47068	NAVYASHREE M	✓
1227	19MG11087	NAYANA B R	✓
1228	19CO31126	NAZIYA	✓
1229	19CO58033	NEERAJ P A	✓
1230	19CS41008	NEERAJA K	✓
1231	19CS13213	NEETHU B	✓
1232	19CO47069	NEETHU AKSHARA S	✓
1233	19CO11237	NEETHU S NAIR	✓
1234	19CO12307	NEHA .	✓
1235	19CO13385	NEHA B	✓
1236	19HU61027	NEHA ELIZABETH SUNIL	✓
1237	19HU62083	NEHA POONACHA N	✓
1238	19LS11035	NEHAA R	✓
1239	19HU51017	NELBIN SHAJU	✓
1240	19CS21014	NEVIL PAUL	✓
1241	19CO69153	NEVIL RAJAN	✓
1242	19HU71022	NGAINEINIANG TOMBING	✓
1243	19MG13186	NGOLOZISHE BIN KAHASHA MOISE	✓
1244	19MG11044	NIHAL QASMI	✓
1245	19CO21055	NIHAL AHMED A	✓
1246	19HU62084	NIHARIKA	✓
1247	19MG31055	NIHARIKA C	✓
1248	19LS21009	NIJILA V THOMAS	✓
1249	19CS31030	NIKESH KUMAR KOLLEERETHU SURESH	✓

SL No	Registration Number	Full Name	Attendance
1250	19MG12160	NIKHIL M	✓
1251	19MG21021	NIKHITHA CHECHEN CHERIAN	✓
1252	19HU31020	NIKITA LAHKAR	✓
1253	19CO58034	NIKITA MANWANI	✓
1254	19HU62115	NIKITA ELIZABETH JOSE	✓
1255	19CS14271	NIMISHA	✓
1256	19MG12142	NIMMY P SAM	✓
1257	19MG11088	NIRANJAN N	✓
1258	19LS21010	NIRMAL SHEEBHA I	✓
1259	19CS41032	NISCHAL KENIN A	✓
1260	19MG12117	NISCHHAL SHARMA	✓
1261	19CO14452	NISHA A	✓
1262	19CO21038	NISHA A	✓
1263	19LS11022	NISHA JAIN	✓
1264	19MG13212	NISHA RANI R	✓
1265	19HU71023	NISHCHAY BHANDARI	✓
1266	19MG11070	NISHITA M PATEL	✓
1267	19CO11266	NISSY THOMAS	✓
1268	19MG13187	NITHASHA S RAMESH	✓
1269	19CS71005	NITHIN SEBASTIAN	✓
1270	19CS51010	NITHISH KUMAR P	✓
1271	19CO12337	NITHYA M	✓
1272	19HU11031	NITHYA ELZBETH MILTON	✓
1273	19CO21063	NITHYASHREE N	✓
1274	19CO13411	NITISH GOWDA A	✓
1275	19CS13194	NITISH MAHATO	✓
1276	19CS12153	NITISH S	✓
1277	19CO58048	NIVEDH M NIKUNJAM	✓
1278	19CO58062	NIVEDHA B	✓
1279	19HU51004	NIVEDITA R NAIR	✓
1280	19LS31011	NIVYA GEORGE	✓
1281	19CS11086	NIYA CATHERINE ROY	✓
1282	19CS11087	NOEL JOSEPH	✓
1283	19MG21046	NOEL JOSHY	✓

SL No	Registration Number	Full Name	Attendance
1284	19MG31025	NOEL JACOB ZACHARIAH	✓
1285	19LS11023	NUKSHIMENLA JAMIR	✓
1286	19CO66072	NUSRATH FATHIMA P A	✓
1287	19MG31026	OM SRIVASTAVA	✓
1288	19CS13214	OM PRAKASH N	✓
1289	19CS21055	OM PRAKASH S	✓
1290	19MG12143	OMKAR S PATIL	✓
1291	19MG31056	PALLAVI NAGARAJ	✓
1292	19HU21019	PANI MANGKU	✓
1293	19HU71024	PAOMINLEN LUPHENG	✓
1294	19CO65041	PAPITHA R	✓
1295	19CO14477	PARIMALA R	✓
1296	19HU61028	PARVATHY R MENON	✓
1297	19CO12338	PASCHAL LATHA	✓
1298	19CO11238	PAUL DAMEIN K	✓
1299	19CO13367	PAUL JACOB	✓
1300	19MG31027	PAUL THELAKKAT	✓
1301	19CS31019	PAUL HENDERSON MIRANDA D	✓
1302	19MG21047	PAULSON RAJAN	✓
1303	19CO12339	PAVAN M N	✓
1304	19HU62085	PAVANA SARA CHACKO	✓
1305	19HU62109	PAVANI B	✓
1306	19LS11053	PAVITHRA GIRI	✓
1307	19CO13412	PAVITHRA K	✓
1308	19MG11089	PAVITHRA S	✓
1309	19CO31103	PAVITHRA S G	✓
1310	19CO31127	PAVITHRA S J	✓
1311	19CO71053	PAWAN N	✓
1312	19LS41007	PAWAN KUMAR JANGID	✓
1313	19HU71025	PECHIMAYUM ROBINSON	✓
1314	19HU21020	PEELAM LAKKI YAADAV	✓
1315	19CS13195	PHILIP B KURIACKAL	✓
1316	19CS11088	PHURAILATPAM GIRISH SHARMA	✓
1317	19CO12308	PILLAI RAHUL RADHAKRISHNA	✓

SL No	Registration Number	Full Name	Attendance
1318	19CS11089	PINKY NELSON	✓
1319	19CO12309	POOJA B	✓
1320	19CO69154	POOJA JAYAPRAKASAN	✓
1321	19CO65023	POOJA KUMARI A	✓
1322	19CO11267	POOJA S	✓
1323	19CO58049	POOJA SHARMA	✓
1324	19CO11239	POOJA SINGH	✓
1325	19LS21044	POOJA V	✓
1326	19CO58050	POOJA A	✓
1327	19CO12340	POOJA R	✓
1328	19CS14291	POOJASHREE M	✓
1329	19CS51011	POONTHALIR S	✓
1330	19CO47070	PRABHU V	✓
1331	19CS21056	PRADEEP JONATHAN S	✓
1332	19MG13213	PRADEEP KUMAR S	✓
1333	19CO12310	PRAGADEESHAN J	✓
1334	19MG31057	PRAGATHI G	✓
1335	19HU61029	PRAGYA SAGAR	✓
1336	19CO13413	PRAJWAL V	✓
1337	19MG11071	PRAKASH V	✓
1338	19CO14478	PRAMOD P	✓
1339	19MG12161	PRAMODH R	✓
1340	19HU51018	PRANAV BISWAS	✓
1341	19CS13196	PRANAV K H	✓
1342	19CO58035	PRANAV T P	✓
1343	19CS11090	PRANAV DINESAN NAMBIAR	✓
1344	19HU51019	PRANAV S PRAKASH	✓
1345	19CS12154	PRANAV V	✓
1346	19CO13414	PRANITHA PATHI K Y	✓
1347	19MG11045	PRANJAL MALVIYA	✓
1348	19CS13215	PRANJAL SHARMA	✓
1349	19CO13386	PRASHA R	✓
1350	19HU62086	PRASHANSA ABIGAIL JESSE BANCE	✓
1351	19HU31008	PRATHIBA MARIA CAROLINE	✓

SL No	Registration Number	Full Name	Attendance
1352	19CS31010	PRATHIK JAYAPRAKASH	✓
1353	19LS31012	PRATHIKSHA R S	✓
1354	19HU51020	PRATIK SINGHAL	✓
1355	19HU61030	PRATIKSHA RAI	✓
1356	19MG12118	PRATYUSH RAJ	✓
1357	19CO69155	PRATYUSHA G	✓
1358	19CO31128	PRAVALLIKA J REDDY	✓
1359	19CO21064	PRAVEEN RAJ S	✓
1360	19HU62087	PRAVEEN THOMAS A	✓
1361	19HU11028	PRAVEENA .	✓
1362	19HU61031	PRECELLA J B	✓
1363	19CO14453	PREETHA MARY G	✓
1364	19CO14437	PREETHI ARAVETI	✓
1365	19CS51023	PREETHI PAWAR	✓
1366	19MG31028	PREETHI S	✓
1367	19MG12144	PREETHI P R	✓
1368	19CS51045	PREETI	✓
1369	19MG13232	PREM J	✓
1370	19CO71054	PREM KUMAR N	✓
1371	19CO13415	PREMA V	✓
1372	19MG13214	PRERNA KUMARI	✓
1373	19HU61056	PRERNA NAYAK	✓
1374	19MG13188	PRINCE KUMAR RAJ	✓
1375	19CO66091	PRITHIKA V	✓
1376	19CO47020	PRITHVI RAJ KK	✓
1377	19CO13416	PRIYA S	✓
1378	19CS11091	PRIYA YADAV	✓
1379	19CO11268	PRIYA B	✓
1380	19MG21060	PRIYA V	✓
1381	19CS12177	PRIYABAI K	✓
1382	19CO71031	PRIYAJEET KUMAR	✓
1383	19CO65042	PRIYANKA N	✓
1384	19MG31046	PRIYANKA YADAV	✓
1385	19CO47071	PRIYANKA YADAV M	✓

SL No	Registration Number	Full Name	Attendance
1386	19MG11072	PRIYANSHI DEVENDRA KASHYAP	✓
1387	19LS41002	PRUTHVITHA PRATHAP	✓
1388	19MG41009	PUGALARASAN S	✓
1389	19HU11017	PUKHRAMBAM KARMAJEET SINGH	✓
1390	19CS51012	PULA PAVANKUMAR REDDY	✓
1391	19CO13368	PUNITHA R	✓
1392	19CO47045	PUNITHA SHREE S	✓
1393	19CS14296	PURABI CHOWDHURY	✓
1394	19CO12294	PURBADEEP BRAHMA	✓
1395	19HU71026	PURELJEET LOUSHAMBAM	✓
1396	19MG31047	PUTTASHRAVANI .	✓
1397	19CO11240	R PRIYA	✓
1398	19CO12341	RACHAEL ELIZABETH S	✓
1399	19HU21021	RACHEL LALRINHLUI	✓
1400	19HU31009	RACHEL ANGELINA AUGUSTINE	✓
1401	19HU51021	RACHEL ELIZABETH THOMAS	✓
1402	19CO69156	RACHI MOHAMED SALEEM	✓
1403	19CO11241	RACHITA R	✓
1404	19CO47072	RAGHU M	✓
1405	19CO14454	RAGINI G	✓
1406	19CO13417	RAGINI S	✓
1407	19CS51035	RAGINI D	✓
1408	19CS51036	RAHUL A	✓
1409	19CO11242	RAHUL ANTHONY	✓
1410	19CO14479	RAHUL M	✓
1411	19CS14273	RAHUL P	✓
1412	19MG12162	RAHUL PANDEY B	✓
1413	19CS12155	RAHUL PRADHAN	✓
1414	19MG12145	RAHUL SHETTY	✓
1415	19CO21039	RAHUL SONY	✓
1416	19HU31016	RAHUL ANTHONY RAJESHWARAN	✓
1417	19CS13197	RAISON SABU	✓
1418	19CO14438	RAJ ARYAN	✓
1419	19CO11269	RAJ R	✓

SL No	Registration Number	Full Name	Attendance
1420	19CS51027	RAJA SHEKAR M	✓
1421	19CS14247	RAJAT KRISHNAN	✓
1422	19HU62088	RAJAT SHANKAR LALL	✓
1423	19CO58063	RAJATH D S	✓
1424	19MG21022	RAJDEEP PANDEY	✓
1425	19CS21044	RAJESH R	✓
1426	19CO58064	RAJESHWARI V	✓
1427	19CO12311	RAJU V	✓
1428	19CO66092	RAKSHITH C	✓
1429	19CO69170	RAKSHITH K	✓
1430	19MG11090	RAKSHITH V	✓
1431	19CO13387	RAKSHITHA A	✓
1432	19CO13418	RAKSHITHA N	✓
1433	19CO47073	RAKSITHA .	✓
1434	19HU61032	RAMYA J	✓
1435	19MG11046	RAMYA M	✓
1436	19CO21065	RAMYA R	✓
1437	19MG12163	RAMYA V	✓
1438	19CO65043	RAMYASHREE K	✓
1439	19CS13216	RANJITH G	✓
1440	19CO31129	RANJITH M S	✓
1441	19CS31011	RANJITH ROY A	✓
1442	19CO14480	RANJITHA M	✓
1443	19HU21036	RASHI SINGH DEO	✓
1444	19CO14455	RASHMI SHARMA B	✓
1445	19CS21057	RAVINDRA ACHARY	✓
1446	19HU51044	RAYAN NOORUDDIN SHAIKH	✓
1447	19CO47046	REBECCA	✓
1448	19CO21056	REBECCA D	✓
1449	19CS14274	REENA VARGHESE	✓
1450	19HU11018	REEYA SHARMA	✓
1451	19HU61033	REJOE VARGHESE GEORGE	✓
1452	19CO11270	REKHA S	✓
1453	19CO71055	REKHA S	✓

SL No	Registration Number	Full Name	Attendance
1454	19MG12119	RENI REJI	✓
1455	19MG13215	RENITA ANNA MARGARET	✓
1456	19CO66093	RENITA SAHANA P C	✓
1457	19CO21066	RENUKA S K	✓
1458	19HU51022	REON ASTHER ROSARIO	✓
1459	19CO12295	RESHMITHA B	✓
1460	19CS12156	RETHISH S	✓
1461	19HU62089	REUBEN ROBERT	✓
1462	19MG13189	REUBEN SAMUEL A	✓
1463	19CO66073	RHEA GEORGE	✓
1464	19HU51023	RHEA KING	✓
1465	19CO71032	RHEA YASHAVANTHA	✓
1466	19HU61034	RHEA ANNA VARKEY	✓
1467	19CS31012	RHEA MARY BENNY	✓
1468	19HU31010	RHEA PEARL FERNANDES	✓
1469	19MG11047	RHISHI NAIR	✓
1470	19CO47021	RICHA RACHEL BIJU	✓
1471	19CO69157	RICKY DAS	✓
1472	19HU41021	RIDA RAHIL	✓
1473	19CS13217	RIJIN ALBERT CRUZ	✓
1474	19HU62090	RISHA SAMUEL	✓
1475	19MG12120	RISHABH BHATIA	✓
1476	19CO58036	RISHI BALACHANDRAN	✓
1477	19CO69491	RISHI RABINDRANATH	✓
1478	19CO47074	RITESH KRISHNAN R	✓
1479	19CS41009	RITHEKA MAHA S	✓
1480	19CO65007	RITHICK P	✓
1481	19CS14275	RITHIK M	✓
1482	19CS11092	RITHIK MANUEL	✓
1483	19LS21028	RITHIKSHA .	✓
1484	19CO65024	RITHIKSHA G	✓
1485	19HU71027	RITIK SRIVASTAVA	✓
1486	19HU71028	RITIKA VIJAY	✓
1487	19HU61035	RITU MARIA JACOB	✓

SL No	Registration Number	Full Name	Attendance
1488	19HU51039	RIYA MURALEEDHARAN	✓
1489	19MG21024	RIYA S MATHEW	✓
1490	19CO49076	RIYA SUSAN MATHEW	✓
1491	19CS14300	RIZWAN K	✓
1492	19MG13190	ROBBIE K ISSAC	✓
1493	19CO71033	ROBIN HENRY P	✓
1494	19MG11048	ROHAN JAMWAL	✓
1495	19HU11019	ROHAN RAJEEV	✓
1496	19HU21022	ROHAN SINGHA	✓
1497	19CO71015	ROHAN JO JACOB	✓
1498	19CS13198	ROHAN ROY MATHEW	✓
1499	19CO66074	ROHINI S	✓
1500	19CS61003	ROHIT BABU	✓
1501	19CS31013	ROHIT KARKI	✓
1502	19CO58037	ROHIT KUMAR SINGH	✓
1503	19CS14248	ROHITH BIJU	✓
1504	19CS13237	ROHITH K	✓
1505	19CS14286	ROHITH P	✓
1506	19CO71016	ROHITH JINCE THAYIL	✓
1507	19CO13369	ROMEO BABU	✓
1508	19CO71034	ROMIT XALXO	✓
1509	19CS21015	RONA SAM	✓
1510	19CS51013	RONIT JANGIR	✓
1511	19CO31079	ROOPALI SINHA	✓
1512	19CO71017	ROOPESH M K	✓
1513	19MG12121	ROOPESH KUMAR SHAJI	✓
1514	19CO12312	ROSAMMA JEPHIA GEORGE	✓
1515	19CO65044	ROSELY MARY	✓
1516	19HU62091	ROSEMARY RAJEEV	✓
1517	19MG11073	ROSHAN INDRAJEET PAWAR	✓
1518	19MG13191	ROSHAN KUMAR JAISWAL	✓
1519	19CS11093	ROSHAN KUMAR K	✓
1520	19CO21040	ROSHAN REJI GEORGE	✓
1521	19CO12313	ROSHINI A	✓

SL No	Registration Number	Full Name	Attendance
1522	19CO21057	ROSY NATASHA FREDERICK	✓
1523	19MG11049	ROUNAK KR JALEWA	✓
1524	19HU61057	RUCHI MEGHWAL	✓
1525	19LS31041	RUCHITHA R	✓
1526	19CS13199	RUSHIL SINHA	✓
1527	19HU61036	RUTH NIANGHOIHKIM	✓
1528	19CO66057	RUTHVIK D K	✓
1529	19MG41010	S PRAVEEN KUMAR	✓
1530	19LS11036	S UMME RUMANA	✓
1531	19MG12122	SAANDRA VARGHESE	✓
1532	19CO12342	SABARISHWARI H	✓
1533	19LS31036	SABHA FARHEEN	✓
1534	19CS14249	SABI JOSEPH	✓
1535	19CO11284	SACHIDANAND V	✓
1536	19CO47075	SADHANA N	✓
1537	19CO71018	SADHANA R	✓
1538	19HU41022	SADHANA S	✓
1539	19HU51024	SADHIYA HAMEED S	✓
1540	19HU21023	SADIQ ALI	✓
1541	19MG13192	SAFIYA KHANUM	✓
1542	19CS12157	SAGAR SHARMA	✓
1543	19HU71040	SAGARIKA RAJ B	✓
1544	19CO11271	SAHANA N	✓
1545	19CS12178	SAHANA S	✓
1546	19LS21029	SAHANA B S	✓
1547	19CO14481	SAHANA M S	✓
1548	19CS11094	SAHAYA AMBRY EDIN J	✓
1549	19CO71019	SAHIL JOSEPH	✓
1550	19HU51040	SAHIL MUHAMMED T C	✓
1551	19LS11001	SAI CHARAN REDDY K	✓
1552	19CS71008	SAI NIRSHITHA V	✓
1553	19CO12314	SAI ROSHAN M	✓
1554	19CO58065	SAIKAM SIVA MOHAN REDDY	✓
1555	19MG12146	SAIMA MAHVISH KHAN	✓

SL No	Registration Number	Full Name	Attendance
1556	19HU62092	SAJAN ABRAHAM	✓
1557	19CO58038	SAJAY J NAMBEESAN	✓
1558	19CO69158	SAKSHI KHERIA	✓
1559	19CO11243	SAKSHI KOIRI	✓
1560	19HU21037	SAKSHI YADAV	✓
1561	19LS31034	SAM GODWIN	✓
1562	19CO47047	SAMANTHA FAUSTINA DAVID	✓
1563	19MG11091	SAMARTH S	✓
1564	19CS41010	SAMEER UPRETY	✓
1565	19CO31080	SAMHITA GOLLAKOTA	✓
1566	19CO12315	SAMUEL LAZAROUS R	✓
1567	19LS41003	SAMUEL B MATHEW	✓
1568	19CO11282	SAN SHAJI JOSEPH	✓
1569	19CS13200	SANATH REDDY R	✓
1570	19HU61037	SANCHARI BANERJEE	✓
1571	19CO21041	SANCHITA	✓
1572	19LS11054	SANCY VINAYA	✓
1573	19CO58039	SANDEEP R	✓
1574	19CO13388	SANDEEP C SIRVI	✓
1575	19CO47048	SANDESH JAIN	✓
1576	19MG11092	SANDHYA P	✓
1577	19CO11272	SANDHYA R	✓
1578	19CO31130	SANDHYA S	✓
1579	19CS51014	SANDHYA TATAPUDI	✓
1580	19CS14292	SANDIP MONDAL	✓
1581	19CS41011	SANDRA PRINCE	✓
1582	19MG21025	SANDRA S	✓
1583	19CS21045	SANDRA ACHU JACOB	✓
1584	19CO58040	SANDRA MARIAM SIMON	✓
1585	19CS14250	SANGEETH R	✓
1586	19MG12164	SANGEETHA V	✓
1587	19CS51024	SANIYA SULTHANA M	✓
1588	19MG12165	SANJAN GOWDA B	✓
1589	19CO66094	SANJANA R	✓

SL No	Registration Number	Full Name	Attendance
1590	19CO47049	SANJANA RAMESH	✓
1591	19CO49077	SANJANA SANTHOSH	✓
1592	19LS11055	SANJANA R SHINDE	✓
1593	19CO13419	SANJAY B	✓
1594	19HU21038	SANJAY JAYAKUMAR	✓
1595	19CO58051	SANJAY P S	✓
1596	19MG11050	SANJAY S	✓
1597	19CO21067	SANJAY J	✓
1598	19CS21046	SANJAY KARTHIK M	✓
1599	19CS21058	SANJAY KUMAR M	✓
1600	19CO31081	SANJAY S NAIR	✓
1601	19CO14439	SANJEEV KUMAR M	✓
1602	19CO14482	SANJU V	✓
1603	19CO11273	SANTHOSH A	✓
1604	19CO12343	SANTHOSH P	✓
1605	19CO31131	SANTHOSH SINGH M	✓
1606	19CO31082	SANTOSH M R	✓
1607	19HU62093	SANTRA MARIAM JACOB	✓
1608	19MG13216	SAQUIB KHAN	✓
1609	19MG31048	SARAH AIMAN	✓
1610	19MG11074	SARAH DEBORAH EZEKIEL	✓
1611	19CS31028	SARANG K S	✓
1612	19MG11093	SARANYA K	✓
1613	19CO58066	SARANYA R	✓
1614	19CO31132	SARANYA S	✓
1615	19LS21030	SARASWATHI K	✓
1616	19LS31028	SARATH A S	✓
1617	19CO71056	SARATH B	✓
1618	19MG12123	SARATH R	✓
1619	19HU41023	SAREENA SAJAN	✓
1620	19CS41012	SARTHAK ARORA	✓
1621	19CO14440	SARVAGYA RAWAT	✓
1622	19HU41024	SARWAJEET MINJ	✓
1623	19CS12136	SATAKSHI KUMARI	✓

SL No	Registration Number	Full Name	Attendance
1624	19HU61038	SATAPURNI NAG	✓
1625	19LS21022	SATHYA PAVAN	✓
1626	19CO58067	SATHYA PRIYA M	✓
1627	19HU51043	SATHYA R	✓
1628	19CO65008	SATISH P	✓
1629	19CS71006	SATPREET KAUR	✓
1630	19CS13201	SATYAM SHAURYA	✓
1631	19CS41013	SAVIANA GUSTAV	✓
1632	19CS51040	SAVITHA R	✓
1633	19CO13370	SEAN SABU	✓
1634	19MG21048	SEBASTIAN JOSEPH	✓
1635	19CS41034	SEBIN GEORGE	✓
1636	19CS14251	SEEMA KESHRI	✓
1637	19MG31058	SEEMON S	✓
1638	19CS13238	SELVA E	✓
1639	19HU62110	SHADIYA ZUBAIR U	✓
1640	19MG12147	SHAFIA ZAINAB	✓
1641	19MG12148	SHAHAN AEJAZ	✓
1642	19CO12296	SHAHBINA BANO	✓
1643	19HU31017	SHAHISTA .	✓
1644	19HU62094	SHAIK MAHABOOB AZDHAN BASHA	✓
1645	19CO12344	SHAILESH K N	✓
1646	19LS11037	SHAISTHA NAAZ S A	✓
1647	19HU21024	SHAKSHI DEWAN	✓
1648	19MG41018	SHALBIN SHAJAN	✓
1649	19HU61058	SHALENE ELSA SAJI	✓
1650	19CO14483	SHALINI G	✓
1651	19HU11029	SHALINI K	✓
1652	19CS12137	SHALINI R	✓
1653	19CS13218	SHALINI R	✓
1654	19CO12345	SHALINI R	✓
1655	19CO49078	SHALINI PRIYA S	✓
1656	19MG13227	SHALO TEP	✓
1657	19CS14276	SHALOM B T	✓

SL No	Registration Number	Full Name	Attendance
1658	19CO71020	SHALOM P	✓
1659	19CS14287	SHAMANTH KUMAR P	✓
1660	19CO58068	SHAMILI R	✓
1661	19CS12158	SHAMSHUL HARIS	✓
1662	19CO71035	SHAMYA G	✓
1663	19HU62111	SHANA GEORGE	✓
1664	19MG21026	SHANIYA SATHYAVRATHAN	✓
1665	19CO11274	SHANTHA MARY A	✓
1666	19HU21046	SHANTHA KUMARI K G	✓
1667	19CO11224	SHANWIN SHAJI MATHUNNI	✓
1668	19CS51037	SHARA ANN CHARLES	✓
1669	19MG11075	SHARAN KRISHNAN S	✓
1670	19CO31133	SHARAN S	✓
1671	19CO14456	SHARANYA S	✓
1672	19CO58052	SHARANYA SURESH	✓
1673	19MG21049	SHARATH R	✓
1674	19LS31029	SHARATH RICHARD RAJ P	✓
1675	19CS14297	SHARAVATHI C B	✓
1676	19CO49085	SHARON JOSEPH	✓
1677	19CS13219	SHARON MARTINI D	✓
1678	19HU61039	SHARON ROSE	✓
1679	19MG12149	SHARON C P	✓
1680	19MG12166	SHARON DONATIUS R	✓
1681	19HU62095	SHARON ELIZABETH ROY	✓
1682	19LS21031	SHARON MARY P	✓
1683	19CO58041	SHARON SUSAN MAMMEN	✓
1684	19CO65045	SHAROO S	✓
1685	19HU61040	SHAROW M WILSON	✓
1686	19CS13202	SHARUMATHI R	✓
1687	19CO12297	SHARUN K S	✓
1688	19MG31049	SHASHANK SINGH RATHOUR	✓
1689	19CS71010	SHASHI KANTH M	✓
1690	19CO12346	SHASHIKALA M	✓
1691	19CO65025	SHASHIKALA B VISHWAKARMA	✓

SL No	Registration Number	Full Name	Attendance
1692	19CS41014	SHASTHA S	✓
1693	19MG31029	SHAUN NICHOLAS SAMSON	✓
1694	19CO21042	SHAWN THOMAS	✓
1695	19LS21011	SHAZEEYA F	✓
1696	19MG13225	SHEHZAD HASSAN MANCHORAMMAL	✓
1697	19MG41011	SHEKHAR SINGH	✓
1698	19CS14277	SHELSIA F	✓
1699	19HU71043	SHERLYN PAUL P	✓
1700	19CS14252	SHERWIN SHUBASH E	✓
1701	19CS12159	SHIJIN K SAM	✓
1702	19CO58069	SHILPA B	✓
1703	19CS21016	SHILPA SUNIL	✓
1704	19CO58053	SHILPA G KRISHNAN	✓
1705	19CO66095	SHILPA P V	✓
1706	19HU21049	SHIMRAH WUNGRAMCHON SHAILEI	✓
1707	19MG13193	SHINE MATHEW ZACHARIAH	✓
1708	19HU61041	SHIULI DEKA	✓
1709	19CO66075	SHIVA CHANDAN A	✓
1710	19CO65046	SHIVA PRASAD V	✓
1711	19HU21047	SHIVA KUMAR L DANDIN	✓
1712	19CS51044	SHIVAJI S G	✓
1713	19CO58054	SHIVAM KUMARI	✓
1714	19MG11051	SHIVANGI AGRAWAL	✓
1715	19CO11275	SHIVANI B S	✓
1716	19LS21012	SHIVANI SINGH	✓
1717	19MG11076	SHIVAPRAKASH P	✓
1718	19MG21050	SHOAIB AHMED	✓
1719	19CS12138	SHOAIB AKHTAR	✓
1720	19HU11020	SHONMIPAN M	✓
1721	19MG11077	SHOWNAL SERRAO	✓
1722	19HU62096	SHRADDHA SAIKIA	✓
1723	19MG31059	SHRADDHA S KULAL	✓
1724	19MG31030	SHRAVAN PRABHAKUMAR	✓
1725	19MG12124	SHREE LEKHA L	✓

SL No	Registration Number	Full Name	Attendance
1726	19MG13194	SHREEKEERTHANA N	✓
1727	19CS41015	SHREEVATHSA K	✓
1728	19LS11038	SHREYA PATRA	✓
1729	19CS21048	SHREYASH SHARMA	✓
1730	19CO59076	SHRIJIT MENON	✓
1731	19CO66096	SHRUTHI M	✓
1732	19MG12150	SHRUTHI V	✓
1733	19CO12347	SHRUTHIKA S	✓
1734	19MG31031	SHRUTI MAITRA	✓
1735	19CS13220	SHUBHAM KUMAR SHARMA	✓
1736	19CO49086	SHUBHANGI SUNIL	✓
1737	19MG11052	SHUBHANKAR GUPTA	✓
1738	19HU61042	SHWETA PRAMOD CHANDRAN	✓
1739	19CS14278	SHWETHASHREE G	✓
1740	19CO69159	SHYAM KUMAR B	✓
1741	19CO11276	SHYLAJA R	✓
1742	19CO31104	SIDDESH S R	✓
1743	19CO31083	SIDDHANT TIWARI	✓
1744	19CO21043	SIDDHARTH SRI PARANDAMAN	✓
1745	19CO13389	SIDDIQ S	✓
1746	19MG12125	SIDHARTH EASWAR	✓
1747	19CO69160	SIJIN PAULSON	✓
1748	19CO69161	SIMIEON PIUS MICHAEL	✓
1749	19HU61059	SIMRAN ANAND	✓
1750	19HU62097	SIMRAN POPTANI	✓
1751	19CO49079	SINAN MUNEER	✓
1752	19MG13195	SINAN FARZIN C	✓
1753	19CO65047	SINDHU V	✓
1754	19CS41016	SIPIYON S	✓
1755	19MG41019	SIRIL BYJU	✓
1756	19LS11056	SKANDA ATHREYA DUTT	✓
1757	19CS12160	SMITH PANKAJ PANDYA	✓
1758	19CO13390	SMRITI S	✓
1759	19CS12179	SNEHA B	✓

SL No	Registration Number	Full Name	Attendance
1760	19CS13239	SNEHA BOSCO	✓
1761	19CO13391	SNEHA BYJU	✓
1762	19CO66097	SNEHA C	✓
1763	19MG11053	SNEHA G	✓
1764	19MG31050	SNEHA JOSEPH	✓
1765	19CO11244	SNEHA R	✓
1766	19LS11057	SNEHA R	✓
1767	19CO12316	SNEHA RAJAN	✓
1768	19CO14484	SNEHA S	✓
1769	19CS51015	SNEHA GRACE THOMAS	✓
1770	19CO71057	SNEHA LATHA B	✓
1771	19CO31084	SNEHA MARIAM SAM	✓
1772	19HU61043	SNEHA MOL N	✓
1773	19CS13221	SNEHA R	✓
1774	19MG11094	SNEHA SHALINI F	✓
1775	19HU41012	SNEHA THERESA JOSH Y	✓
1776	19HU21025	SOLOMON KIPGEN	✓
1777	19HU21026	SOLOMON VANLALHRIATPUIA	✓
1778	19HU62098	SONA BEXON	✓
1779	19LS21023	SONA SHAJI	✓
1780	19HU71030	SONA SUNIL	✓
1781	19CO49080	SONAL JOLLY	✓
1782	19HU21027	SONAL YADAV	✓
1783	19HU51025	SONAM ONGMU TAMANG	✓
1784	19CO65026	SONIYA V	✓
1785	19MG31051	SONU J SUTHAR	✓
1786	19CO13420	SONY G	✓
1787	19LS21024	SOORAJ G	✓
1788	19CS14279	SOPHIA STEPHEN	✓
1789	19HU71031	SOROKHAIBAM DIGBIJOY SINGH	✓
1790	19CO12348	SOWMYA A	✓
1791	19LS11058	SOWMYA S	✓
1792	19CO49093	SOWMYA M	✓
1793	19CO69162	SPARSH PRAZAD	✓

SL No	Registration Number	Full Name	Attendance
1794	19CO11277	SPARSHA RAJ	✓
1795	19CS21059	SPOORTHY H S	✓
1796	19CO49081	SRADHA SAJEEV	✓
1797	19CS13203	SREE SANKAR M	✓
1798	19MG21027	SREEDURGA ANIL BOSS SINDU	✓
1799	19HU61044	SREEJA DEB	✓
1800	19HU71032	SREELAKSHMI R	✓
1801	19HU11021	SREELAKSHMI SUDARSAN	✓
1802	19LS21032	SREERAMKUMAR S K	✓
1803	19CS12161	SREESHANTH S	✓
1804	19CS14253	SREYAS R	✓
1805	19MG12126	SREYAS KRISHNA KUMAR NAMBOODIRI	✓
1806	19MG12151	SRI VISHNU S .	✓
1807	19CO13371	SRINATH A	✓
1808	19CO12349	SRINIVASAN G R	✓
1809	19CO65048	SRIRAM M	✓
1810	19HU21028	SRISHTI SINGH	✓
1811	19CO71058	SRUJANA C	✓
1812	19MG21051	SRUJANA P	✓
1813	19LS21013	SRUTHI P SURESH	✓
1814	19CS61011	SRUTHI RAJESH NAIR	✓
1815	19LS11039	STACEY L JACOB	✓
1816	19HU31011	STAINES BARUCK	✓
1817	19CS31014	STAINES BOSE J	✓
1818	19CS14288	STEFFI J	✓
1819	19CO13392	STEFFI MARY LATHA L	✓
1820	19CO12350	STEFFY ANGEL D	✓
1821	19CO21044	STENCY STANLY	✓
1822	19CO59077	STEPHEN LEE	✓
1823	19CO59078	STEPHIN MICHEAL	✓
1824	19CS41027	STEPHIN V SHAJI	✓
1825	19MG13196	STEVE MANOJ VARGHESE	✓
1826	19MG11054	STEVE SAMUEL JOHNSON	✓
1827	19CO49082	STEVEN B MATHEWS	✓

SL No	Registration Number	Full Name	Attendance
1828	19LS11040	SUBHAM DAS	✓
1829	19MG11078	SUBHASH KUMAR MANDAL S	✓
1830	19CO14485	SUCHITRA E	✓
1831	19CS12139	SUCHITRA D S	✓
1832	19CO59079	SUDALAIYANDI VIGNESH S	✓
1833	19CS61004	SUDEM MUSHAHARY	✓
1834	19CO49087	SUDHA R	✓
1835	19CO49088	SUDHARSHAN S	✓
1836	19CO14457	SUDHARSHAN U	✓
1837	19CS41017	SUDHIR S	✓
1838	19CO13421	SUHAS C	✓
1839	19CS13204	SUJIT KUMAR DASH	✓
1840	19CO13422	SUJITH KUMAR S	✓
1841	19CO71036	SUJITHA M	✓
1842	19HU62099	SUKANYA DEY	✓
1843	19CS14254	SUKHDEV YADAV	✓
1844	19LS31038	SUMHA TEHREEM	✓
1845	19CS14298	SUMIT RAGHAV	✓
1846	19CS12140	SUNIDHI KUMARI	✓
1847	19CO66098	SUNIL KUMAR S	✓
1848	19CO65049	SUPRIYA S	✓
1849	19CO66058	SURAJ K K	✓
1850	19CO14441	SURAJ KUMAR	✓
1851	19MG21052	SURAJ P	✓
1852	19CS12180	SURYA KUMAR K	✓
1853	19CS51016	SURYA SANIL	✓
1854	19CO58055	SUSAN LIJO	✓
1855	19HU61045	SUSANNA MARIAM RUSKIN	✓
1856	19CO13423	SUSHMA P	✓
1857	19CO11278	SUSHMITHA R	✓
1858	19CO58070	SUSHMITHA T	✓
1859	19MG12127	SUSHRUT PANDEY	✓
1860	19CO49094	SUZAN C	✓
1861	19HU21048	SWAGATHI ANNABEL S	✓

SL No	Registration Number	Full Name	Attendance
1862	19LS21014	SWARAJ SUKESH	✓
1863	19MG21028	SWARGA T P	✓
1864	19CO49095	SWATHI T	✓
1865	19MG21053	SWATHI V	✓
1866	19CO14458	SWATHI V	✓
1867	19CO12351	SWATHI M	✓
1868	19CO14459	SWATHI R	✓
1869	19CO11279	SWETHA K	✓
1870	19CS21060	SWETHA R	✓
1871	19CS51025	SWETHA S	✓
1872	19CO58056	SWETHA ANNE PAUL	✓
1873	19MG31032	SWETHA SARA ABRAHAM	✓
1874	19CS13222	SYED ARFATH	✓
1875	19CO14460	SYED SHOAB	✓
1876	19CO71037	SYED ARSALAAN AHMED	✓
1877	19CO21058	SYED KHAJA SADUDDIN	✓
1878	19CO11245	SYEDA ANJUM	✓
1879	19HU11032	T.LALMUANPUIA	✓
1880	19MG13197	TAHER KAYAMALI M	✓
1881	19CS41028	TALAPALA DEEPTHI	✓
1882	19CS13205	TAMIL SELVI D	✓
1883	19CO12317	TAMILARSAN B	✓
1884	19HU51026	TANISHA PAL	✓
1885	19CO49089	TANUJA PRIYA U S	✓
1886	19CO15175	TANYA RACHEL WILSON	✓
1887	19HU62116	TAPI TAYUNG	✓
1888	19HU71034	TAPOSI ROY	✓
1889	19CO13393	TARIYA S	✓
1890	19HU51027	TASHI LHAMU BHUTIA	✓
1891	19MG31033	TASMIA ABRAR	✓
1892	19CO49083	TEENA	✓
1893	19CO21045	TEENA ELIZABETH POTHEN	✓
1894	19LS21033	TEJA KARTHIK Y	✓
1895	19CO66099	TEJAS M	✓

SL No	Registration Number	Full Name	Attendance
1896	19CS71009	TEJAS P B	✓
1897	19MG31052	TEJASVI B	✓
1898	19HU21029	TELEJONGMOK JAMIR	✓
1899	19HU62100	TENNYSON THANGJAM	✓
1900	19MG11055	TENZIN LHUNDUP	✓
1901	19HU71035	TENZIN PEMA	✓
1902	19HU71036	TENZIN YANGCHEN	✓
1903	19HU41013	TESSA MARIA	✓
1904	19CS31020	THAJUDEEN H	✓
1905	19MG12128	THANMAI CHOWDARY M	✓
1906	19CS13240	THANUSHA M REDDY	✓
1907	19CO59080	THANUSHREE S	✓
1908	19MG13198	THARUN E CHRISTIAN	✓
1909	19CO21046	THEERTHA MANOJ	✓
1910	19CO14486	THEJASHREE M	✓
1911	19HU41014	THERESA BENNY	✓
1912	19CS31015	THILAK K H	✓
1913	19CO13372	THOMAS ABRAHAM	✓
1914	19CO31085	THOMAS JACCOB	✓
1915	19MG21029	THOMAS JAISON	✓
1916	19LS31013	THOMAS PRINCE KURUPPEN PARAMBIL	✓
1917	19CS71007	THOMAS SABU KURIACKAL	✓
1918	19HU31012	THOMSON TOM	✓
1919	19HU11022	THONDUP BHUTIA	✓
1920	19MG11095	THOUSIF KHAN	✓
1921	19LS11041	THOUSIF M	✓
1922	19CO65050	THRISHA R M	✓
1923	19MG11056	THULASISHARMA R	✓
1924	19CO14461	TINA C GEORGE	✓
1925	19CO66076	TINS TAITUS	✓
1926	19CS21017	TIRUMALAREDDY NITHISH REDDY	✓
1927	19CS21018	TIRUMALAREDDY SMITHAN REDDY	✓
1928	19MG41012	TOM LAWRENCE	✓
1929	19CS14280	TOM THOMAS	✓

SL No	Registration Number	Full Name	Attendance
1930	19CO16198	TOM S CHENGALATH	✓
1931	19CS41033	TONNY GEORGE	✓
1932	19CO11225	TOPE YEPTHO	✓
1933	19HU51014	TRISHA SARAH XAVIER	✓
1934	19HU71044	TULASI A	✓
1935	19CO12298	TUSSHAR RENJITH MYLAKKATTU	✓
1936	19CS14255	UDAY BASNET	✓
1937	19CS51038	UHA N	✓
1938	19CS21019	UJJUAL SATHIAN	✓
1939	19CS21020	UJJWAL M	✓
1940	19MG21030	UJJWAL GEORGE LAKRA	✓
1941	19LS11059	UJWAL REDDY K S	✓
1942	19CS21021	ULLAS GANGAN	✓
1943	19LS21015	ULLI VASUDHA	✓
1944	19CO15182	UMESH BOHARA	✓
1945	19LS31030	UMME SALMA RAZAK	✓
1946	19MG12152	UMSALMA .	✓
1947	19CS14256	UTKARSH SINGH	✓
1948	19CS14290	UTTAM DHUNGANA	✓
1949	19MG11079	UZMA TAJ	✓
1950	19MG21031	VAIBHAV DIVAKAR	✓
1951	19CO15191	VAISHALIBAI M	✓
1952	19HU61046	VAISHNAV B MENON	✓
1953	19CS31029	VAISHNAVI K	✓
1954	19CO13424	VAISHNAVI M	✓
1955	19CO49096	VAISHNAVI N R	✓
1956	19HU41015	VAISHNAVI NEMA	✓
1957	19CS41031	VAISHNAVI S	✓
1958	19CS51017	VAISHNAVI S	✓
1959	19LS11042	VAISHNAVI V	✓
1960	19CO13425	VAISHNAVI S	✓
1961	19CS61008	VALIYAPURAYIL KARTHIK MANOJ	✓
1962	19LS21025	VALIYAPURAYIL KAVYA MANOJ	✓
1963	19MG12167	VANDANA G S	✓

SL No	Registration Number	Full Name	Attendance
1964	19HU62101	VANDANA SHARON RAVI	✓
1965	19CO65027	VANGARALA SANTOSH	✓
1966	19HU61047	VANI K M	✓
1967	19CS51039	VANITHA K	✓
1968	19MG12129	VANLALAWMPUIA .	✓
1969	19CO31086	VANLALREMI K	✓
1970	19CO59081	VANSH RAJPUT	✓
1971	19HU62102	VANYA ELIZABETH JOHN	✓
1972	19HU62112	VARADA JAYADEV	✓
1973	19LS41004	VARGHESE MATHEW	✓
1974	19MG31034	VARNIT JAIN	✓
1975	19CO11280	VARSHA B	✓
1976	19HU51028	VARSHA RAJESH	✓
1977	19MG21054	VARSHA A	✓
1978	19LS11043	VARSHINI ASHOK	✓
1979	19CO12352	VARSHINI M	✓
1980	19CO31087	VARSHINI RAO	✓
1981	19CO12353	VARUN B	✓
1982	19LS31014	VARUN GUPTA	✓
1983	19CO66100	VARUN N	✓
1984	19CO49090	VASANTH KUMAR R	✓
1985	19HU21031	VASHISHTHA ASEM	✓
1986	19CS21022	VASHISTA RAJU	✓
1987	19HU41016	VASUDEV P S	✓
1988	19CO31088	VASUNDHARA B K	✓
1989	19HU51041	VEDANT MUKHERJEE	✓
1990	19CO59082	VEDANT SRI	✓
1991	19LS21040	VEENA C S	✓
1992	19CO31089	VEMULA SYAMISREE	✓
1993	19CO58071	VENKATAHARISH RAYI	✓
1994	19CS12162	VENKATESH SAHANI	✓
1995	19HU61048	VERONICA XESS	✓
1996	19CO14462	VERONICA SHINEY S	✓
1997	19CS51026	VICTOR CHOUDHURY	✓

SL No	Registration Number	Full Name	Attendance
1998	19CS21023	VIDHATTA PRADEEP NAYAK	✓
1999	19CS31016	VIDHUN PRASAD	✓
2000	19CO71021	VIDISHA PRADHAN	✓
2001	19CO69163	VIGNESH G	✓
2002	19CS31021	VIGNESH K	✓
2003	19CO58072	VIGNESH S	✓
2004	19MG41020	VIGNESH BABU K	✓
2005	19CO14487	VIGNESH KUMAR M C	✓
2006	19CO13373	VIJAI PATTUSAMY	✓
2007	19LS41013	VIJAY C K	✓
2008	19CS13206	VIJAY S	✓
2009	19CO49097	VIJAY KUMAR K	✓
2010	19CO16213	VIJAYALAKSHMI K	✓
2011	19CO21068	VIJITH V	✓
2012	19HU41017	VIKRAM A	✓
2013	19CO14463	VIKRAM ANTONY S	✓
2014	19CO31134	VINAY C	✓
2015	19HU21039	VINAY PRASAD V	✓
2016	19CO49098	VINAYAK A NAIK	✓
2017	19CO58073	VINEETH T	✓
2018	19CO71038	VINESH M	✓
2019	19CO14488	VINISHA M D	✓
2020	19CO71059	VINITHA P	✓
2021	19CO66077	VINOD K M	✓
2022	19HU31018	VIPIN T J	✓
2023	19MG31035	VIRIGINENI MOURYA	✓
2024	19LS11044	VISHAKHA YADUVANSHI	✓
2025	19CO49091	VISHAL B	✓
2026	19CS61010	VISHAL R	✓
2027	19CS21024	VISHAL SHARMA	✓
2028	19HU51047	VISHAL BENHUR VUNNAMATLA	✓
2029	19CO31135	VISHALA P	✓
2030	19LS21016	VISHESH VAID	✓
2031	19CO65028	VISHIKA M	✓

SL No	Registration Number	Full Name	Attendance
2032	19CO71039	VISHNU A	✓
2033	19MG31053	VISHNU K	✓
2034	19LS21026	VISHNU RAI	✓
2035	19CO58074	VISHNUPRIYA S	✓
2036	19CS14294	VISHNUVARDHANAREDDY M R	✓
2037	19CO14489	VISHWAKARTHI R	✓
2038	19CO58057	VISHWANSHU DEV	✓
2039	19HU11030	VISMAYA P	✓
2040	19CS14257	VIVEK B K	✓
2041	19CO11246	VIVEK SAVIO SHEEN	✓
2042	19CO16199	VRINDA KRISHNA	✓
2043	19LS21017	VYSHAK V	✓
2044	19LS21018	WAPANGIENLA M IMSONG	✓
2045	19HU21040	WORTHEN V S	✓
2046	19LS11025	YAJUSHI YASHITHA VINNAKOTA	✓
2047	19CO12318	YAMINI V	✓
2048	19CO21069	YASHASHWINI A	✓
2049	19CO31136	YASHASHWINI M R	✓
2050	19CO13374	YASHASWINI G	✓
2051	19CO13394	YASHAWINI O	✓
2052	19CO11281	YASHODA M	✓
2053	19MG11080	YASHWANT JAISWAL	✓
2054	19CO58075	YATHISH G	✓
2055	19CS14258	YENGKHOM ALEXANDER SINGH	✓
2056	19CS41018	YENGKHOM TARUN SINGH	✓
2057	19CO14464	YESHAS .	✓
2058	19LS21034	YESHASWINI N	✓
2059	19CO21070	YESHWANTH KUMAR G	✓
2060	19CS21025	YESWANTH REDDY G	✓
2061	19CS21049	YOSUA M MATHAI	✓
2062	19LS21035	YUVARAJ S	✓
2063	19CO16206	YUVASHNEE M	✓
2064	19CO49084	YUVETHA M	✓
2065	19HU61049	ZACHARIA JOHNSON	✓

SL No	Registration Number	Full Name	Attendance
2066	19CS13207	ZAFAR	✓
2067	19HU71037	ZEALMANN HILLER WAHLANG	✓
2068	19MG31060	ZEB A SHARIFA K	✓
2069	19CO66078	ZEB A KHURSHEED M	✓
2070	19CS41029	ZEN SABU MARTIN	✓
2071	19CO71022	ZOMUANTHANGA	✓


Director, CLSE




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



Kristu Jayanti College

A U T O N O M O U S Bengaluru

Reaccredited 'A' Grade by NAAC | Affiliated to Bengaluru North University

DEPARTMENT OF COMPUTER SCIENCE (UG)

Life Skills Education for UG students

Participation Certificate

This is to certify that **AMIL PRAKASH (19CS31002)** has participated in the **Life Skills Education for UG students** organized by the **Department of Computer Science (UG)**, Kristu Jayanti College (Autonomous), Bengaluru from **17-06-2019 to 21-06-2019**.

Dr. Jonas Richard A

Coordinator

Fr. Josekutty PD

Principal



Kristu Jayanti College

AUTONOMOUS Bengaluru

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CIRCULAR

International Yoga Day

Theme: Climate Change

On the occasion of International Yoga Day, Kristu Jayanti College is organising a Yoga session with the theme 'Climate Change'. The students are cordially invited to join the Yoga session.

Date: 21-06-2019

Time: 10 am to 11 am

Venue: Quadrangle, Kristu Jayanti College

Resource Person: Sanyasi Charan, Bihar School of Yoga, Bangalore Chapter

The objective of this exercise is to make all the participants aware of the immense rewards that the pursuit of yoga that can bring to an individual, and inspire them to continue the practice of Yoga beyond the yoga Day.

You are requested to bring your Yoga Mat or Bed sheet for spreading on the carpet.

Students who are willing to take part in the Yoga session can register with

Dr. Sreedhar P D, NSS Program Officer



PRINCIPAL

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



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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REPORT

Date: 21st June 2019

No of Beneficiaries: 300 UG and PG Students

Resource Person: Sanyasini Devashree and Ms. Krithika, Bihar School of Yoga, Bangalore Chapter

The **5th International Yoga Day** was observed in Kristu Jayanti College campus on the theme of ***“Yoga for Climate Change”***. Around 280 students were part of the Yoga session that was conducted under the able guidance of Sanyasini Devashree and Ms. Krithika of Bihar School of Yoga, Bangalore benefitting 300 students on **21st June 2019**.

The session started with breathing exercise practices such Griva Skti Vikasaka, Shoulder rotation, kati sakti vikasaka and knee movement followed by a couple of rounds of practice of the dynamic exercise of Surya Namaskar. This was followed by providing the guidelines for practicing Asanas and practices of different asana like Pada hastasana, Vriskasana, Bhujangasana, Ardha Chakrasana, Ardha Ustarasana, and Makarasana. The practice of Asanas was followed by explanation and practice of Bhramari and Nadisudhi Pranayama. After a brief relaxation, students were told about benefits of Meditation and they were made to practice a simple breath watch meditation to complete the celebration.





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International Yoga Day

Date: 21st June 2016

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	18CO6H8018	A M ABU SUFYAAN	✓
2	18MG2H1034	AADIL MOHAMED V	✓
3	18CS5A1045	AAFREEN KHAN	✓
4	18MG1H1066	AAKANSHA MISHRA	✓
5	18CS1A1001	AAKASH SINHA	✓
6	18LS301001	AAKIFAH AMREEN H E	✓
7	18CO2A1001	AAMIR NIZAR	✓
8	18CO6A8001	AARON CHERIAN JACOB	✓
9	18MG501001	AARON SURESH JAMES	✓
10	18HU1A1001	AARON WILFRED FRITCHLEY	✓
11	18MG4A5001	AASHLYN BOBY THOMAS	✓
12	18CS5A1001	AASHRAY MATHEW P BENJAMIN	✓
13	18MG502056	AASHY MATHAN	✓
14	18MG3H1054	AAYAN CHISHTI	✓
15	18CM201001	AAYUSHI SHREYA	✓
16	18HU901001	ABBAS A	✓
17	18CS601029	ABDUL RAHMAN	✓
18	18CS1H1020	ABDUL AHAD A	✓
19	18CS2H4181	ABDUL HAFEEZ. P	✓
20	18MG501002	ABDUL HANNAN AHMED	✓
21	18MG503112	ABDUL SHAHIL	✓
22	18CS1H1021	ABDUL VAHID A	✓
23	18CO1H4221	ABDUL WAAHID KHAN B	✓
24	18CO4H1019	ABDUL ZUBAIR A	✓
25	18CO2A1002	ABDUR RAZIQ A	✓
26	18CO1A3129	ABEL ABRAHAM BIJU	✓
27	18CO5A3001	ABEL MOHAN JOSEPH	✓
28	18CS601001	ABEL REJI	✓
29	18MG2A1001	ABEL VARGHESE SHARLY	✓
30	18CO6A9045	ABHAY KUMAR	✓

Sl. No	Registration Number	Full Name	Attendance
31	18CO7A1001	ABHIGYAN PATHAK	✓
32	18CS2H4213	ABHIJITH TOM SEBASTIAN	✓
33	18CO6K8030	ABHILASH J	✓
34	18HU3K1029	ABHILASH M N	✓
35	18MG501003	ABHILASHA TIWARI	✓
36	18MG3H1055	ABHINAV SHARMA	✓
37	18CO5A1092	ABHISHEK BIYANI	✓
38	18LS2A1001	ABHISHEK K K	✓
39	18HU7A1001	ABHISHEK KUMAR	✓
40	18CO5A3002	ABHISHEK NAIR	✓
41	18CO5A3003	ABHISHEK PUJARI	✓
42	18CS1A1002	ABHISHEK Y	✓
43	18CS4A1001	ABHISHEK MARIA MANUEL	✓
44	18MG503113	ABHISHEK S GUDI	✓
45	18MG801114	ABHISHEKA MARY FRANCINA M	✓
46	18CS2H4214	ABIN BENNY	✓
47	18CO1A4199	ABIN MANU	✓
48	18LS1H1024	ABIN VARGHESE	✓
49	18CO6A8002	ABIN PARAYIL VARGHESE	✓
50	18CO6K9074	ABISHEK LAXMAN NAIK	✓
51	18CO2A1018	BELVIN THOMAS	✓
52	18HU801004	BENDANGRENLA LONGKUMER	✓
53	18MG1K3219	BENITA B	✓
54	18LS2K1036	BENITA J H	✓
55	18MG502067	BENJAMIN LAZAR	✓
56	18CS4A1012	BENNET SAJU	✓
57	18HU7A1008	BERNADINE C LEUMAS	✓
58	18CS1A1010	BERYL SANDRINA	✓
59	18SO101004	BESTIN SEBASTIAN	✓
60	18CM101010	BESTO BENNY	✓
61	18CM101011	BETSI PAUL	✓
62	18HU6A2062	BETSY POULOSE	✓
63	18CO1H4226	BETTY RACHEL BENNY	✓
64	18HU6A1015	BEULAH MATHEW	✓
65	18MG501020	BEULAH PRIYANKA	✓
66	18MG1A1039	BEXIN VINCENT	✓
67	18MG2H1039	BHANU TEJA A	✓
68	18CS2A4184	BHARAT CHIMARIYA	✓
69	18CO6A8008	BHARAT J	✓

Sl. No	Registration Number	Full Name	Attendance
70	18CS4A1013	BHARAT PATEL	✓
71	18CS6K1009	BHARATH A	✓
72	18CO1K6391	BHARATH M	✓
73	18CS3H1050	BHARATH V	✓
74	18MG503116	BHARATHKUMAR M	✓
75	18CO7K1030	BHARATHWAJ B	✓
76	18CO1K7461	BHAVANA S	✓
77	18CO1H3165	BHAVANA P NAIR	✓
78	18CO2H1054	BHAVANI M R	✓
79	18CO1K8411	BHAVESH V REDDY	✓
80	18HU5A1058	BHAVISHYA YARLAGADDA	✓
81	18HU7A1009	BHAVISHYA SHREE G V	✓
82	18MG1A2108	BHAVITHA R	✓
83	18MG3H1049	BHAVSAR MRUNMAYEE TUSHAR	✓
84	18CO1K9431	BHAVYA K	✓
85	18CO6K8033	BHAVYA V	✓
86	18MG503117	BHAVYA N	✓
87	18CS2A4185	BHAWIKA KARWA	✓
88	18CO1K3182	BHOOMICA B	✓
89	18MG1H2139	BHUMIKA KHIVENSRA	✓
90	18MG2H1040	BIBIN C	✓
91	18MG501021	BIBIN SAJI	✓
92	18CS5A1006	BIBIN K PONNACHAN	✓
93	18MG2A1006	BIBIN V THOMAS	✓
94	18CS3A1004	BIJU RAJ M	✓
95	18HU3A1032	BILKIM AMADEUS N SANGMA	✓
96	18CO4A1007	BIMAL THOMAS	✓
97	18PS101007	BINCY BIJU	✓
98	18PS201004	BINCY JOSEPH	✓
99	18CM301023	BINCY MERIN VARGHESE	✓
100	18PS201005	BINDU MERIJA	✓
101	18HU4A1006	CHITRA K	✓
102	18HU7A1010	CHOLAI HLYCHHO	✓
103	18CO6A9052	CHRIS SUNIL	✓
104	18CS6A1002	CHRISALEN V GIBIN	✓
105	18LS1K1046	CHRISTAL C	✓
106	18LS2A1007	CHRISTEENA FRANCIS	✓
107	18HU2A1030	CHRISTIAN BEIIASA SYUHLO	✓
108	18CS2A4187	CHRISTIN THOMAS	✓

Sl. No	Registration Number	Full Name	Attendance
109	18LS1K1047	CHRISTINA MARIA M	✓
110	18MG801102	CHRISTINA C	✓
111	18SO101035	CHRISTINA LALHUNDIKI	✓
112	18HU5A1009	CHRISTINE ANN BRILLS	✓
113	18CS4A1014	CHRISTINE BIJU JACOB	✓
114	18CO2A1020	CHRISTO ELIZA VARGHESE	✓
115	18HU2A1032	CHRISTOPHER BIETE	✓
116	18HU6A1016	CHRISTY THOMAS	✓
117	18CS3A1006	CHRISTY ABRAHAM GEORGE	✓
118	18CM101016	CHRISTY P CHERIAN	✓
119	18CO1K4253	CHUKITHA N	✓
120	18HU5A1010	CHUNGAILIU GONMEI	✓
121	18MG2K1054	CLAUDIA RAVEENA H MALEKAR	✓
122	18MG502069	CLINTON ANCHERY	✓
123	18LS401004	COLACO LISA MARIE	✓
124	18HU5A1011	CYBIL THOMAS	✓
125	18CO7H1017	DADIGALA REDDY MOHAN	✓
126	18MG502070	DAINE VARGHESE	✓
127	18HU7A1011	DAME DARYLL PASWETT	✓
128	18MG2K1055	DAMINI S KUMAR	✓
129	18CS1H1025	DANIEL K	✓
130	18CO5A3009	DANON C SABU	✓
131	18HU801006	DAPHILABET KHRIAM	✓
132	18MG1H3202	DARSHAN R	✓
133	18HU4A1007	DARSHAN DEVASHIS KHAREL	✓
134	18HU6K1058	DARSHANSANGEETHACLARA I	✓
135	18MG2A1007	DARVIN VARKEY	✓
136	18MG501023	DARYL JOSE	✓
137	18CS2A4188	DASAPPAGARI BHARGAV	✓
138	18CO1H4228	DAVID PAUL	✓
139	18LS1A1005	DAVID ROSARIO	✓
140	18CO4H1021	DAVID SAMUEL	✓
141	18HU5H1044	DAVID JOHNSON MARIA	✓
142	18CS1K2099	DAVID RAJ KINGSTON M	✓
143	18MG701108	DAVIS EAPEN DOMINIC	✓
144	18CS2A4189	DAVIS JOHNSON SHAJI	✓
145	18LS301023	DEBANJALI SHOME	✓
146	18CS601008	DEBORAH RAJU	✓
147	18CS2A4190	DEBOTREE PAL	✓

Sl. No	Registration Number	Full Name	Attendance
148	18CM101017	DEENA PAUL	✓
149	18MG503120	DEEPA SIDDESHAPATILA	✓
150	18CO1A5276	DEEPAK MANKARI	✓
151	18CS2A4191	EJIN K SAJU	✓
152	18CO2H1055	ELDHO JOSEPH	✓
153	18MG2A1008	ELICIA SAMSON	✓
154	18CO7H1019	ELIJAH PETER	✓
155	18CS3A1007	ELISABATH JOSEPH	✓
156	18CO4A2037	ELISHA GODFREY	✓
157	18LS401024	ELIZABETH LALREMPUII	✓
158	18HU6A1017	ELIZABETH MAWILUNKIM	✓
159	18CO1K9433	ELIZABETH R	✓
160	18CM101020	ELIZABETH SAJU	✓
161	18MG701110	ELIZABETH PAUL MATHEW	✓
162	18HU901007	ELIZABETH T GEORGE	✓
163	18CO3A2074	ELKHA ANDREWS	✓
164	18CS5A1007	ELSA MARIAM TOM	✓
165	18MG501028	ELVIS MANI SAJU	✓
166	18HU2A1004	EMMANUEL GEORGE	✓
167	18CO1H5296	EMMANUEL SAMSON D	✓
168	18LS1H1029	ENGILA AKRAM KHAN	✓
169	18HU1A1006	EQUEBAL BAHAR BARBHUIYA	✓
170	18MG3A1012	ERIC JERALD	✓
171	18CO1H6363	ESOW KUMAR JOEL PEREIRA	✓
172	18HU801026	ESTHER JAYAKUMAR	✓
173	18CO1A3140	ESTHER VUNGLIANKIM	✓
174	18CO7H1020	ESTHER NAMRATHA J	✓
175	18CS1K1046	ESTHER PRINCY P	✓
176	18CO1A3139	ESTHER ROSY P J	✓
177	18CO1A3141	EVANA ROSE MATHEW	✓
178	18HU6H1047	EVANGEL ISAAC	✓
179	18CO1H6364	EVANGILINE CHRISTY	✓
180	18LS301007	EVITA BERNADETTE LAMIN	✓
181	18HU6H2095	EZEKIEL J RAO	✓
182	18MG502072	EZRA JAYAN DANTE V	✓
183	18CS1H1029	FAHAD AHMED	✓
184	18CS601011	FAMID HANEEFA T	✓
185	18CS3A1008	FARHEEN GALARIA	✓
186	18MG701135	FATHIMA ZOHRA	✓

Sl. No	Registration Number	Full Name	Attendance
187	18MG2H1042	FATHIMATH SAHA SANEETH	✓
188	18MG2A1038	FAYAS ASHARAF	✓
189	18CO4A1008	FEBBA SHAJI	✓
190	18CO1H4231	FEBIA JOHN	✓
191	18CM301026	FEBIMOL	✓
192	18MG1A1041	FEBIN DIXON	✓
193	18CO1A4203	FEBIN JOHN PODIMANNIL	✓
194	18CO5A3010	FEBIN PAUL DEVID	✓
195	18LS401007	FEMILA JACKULIN J	✓
196	18MG502073	FERDINAND M MARWEIN	✓
197	18CO7H1021	FIRAZ AHMED	✓
198	18PS101017	FORAM SANJAY SHAH	✓
199	18CS1H2082	FRANCINA S	✓
200	18CO6K9078	FREEDA SHEEBA	✓
201	18CO4K1028	JASHWANTH S R	✓
202	18CO1A3143	JASMINE YUVARANI PAUL RAJ	✓
203	18CS3A1011	JAYA SURIYA A	✓
204	18HU6H2119	JAYAJYOTHI JAYAMANASA VEENA	✓
205	18MG2H1010	JAYAKRISHNAN JAYAN NAIR	✓
206	18CO1K4255	JAYAMANI R	✓
207	18MG4H5017	JAYANT XALXO	✓
208	18CS2K4234	JAYANTH R S	✓
209	18CO1K5325	JAYASHREE D	✓
210	18HU7H1034	JEBA A	✓
211	18CO3A2077	JEENA JAISON	✓
212	18SO101010	JEENA ELIZABETH RAJAN	✓
213	18CO3A2078	JEEVAN GEORGE	✓
214	18HU5A1015	JEEVAN KURIAN	✓
215	18CS5A1015	JEEVAN YADAV	✓
216	18CO1K6395	JEEVAN PRAKASH R J	✓
217	18CO1A3144	JEEVITHA N T	✓
218	18MG701112	JEEVITHA S	✓
219	18CO1A4204	JEFFIN JIMMY	✓
220	18CM101021	JEFFIN JOHN SEBASTIAN	✓
221	18CM101022	JEFFIN TOM VARGHESE	✓
222	18SO101011	JEFFINE J JOSEPH	✓
223	18PS201010	JEFFY AASHEE REJI	✓
224	18CS601013	JEHOVA LALSUONGUM	✓
225	18CS2H4216	JELEENA JACOB	✓

Sl. No	Registration Number	Full Name	Attendance
226	18CO6A8009	JEMIMAH PERCELY	✓
227	18CS5H1025	JEMMA JACINTA HEMBROM	✓
228	18CO1H6366	JENIFER A	✓
229	18CS1H1030	JENIFER BERLIN A	✓
230	18MG1H2141	JENIFER J S	✓
231	18CO1K7465	JENIFFER J	✓
232	18HU901008	JENNA GEORGE	✓
233	18HU6A2067	JENNIFER RICHARD	✓
234	18MG1H3204	JENNIFER S	✓
235	18SO101012	JEREENA JACOB	✓
236	18HU5A1016	JEREMIAH STEPHEN PUNNEN	✓
237	18HU7A1050	JEREMY HMANGAIHSANGA	✓
238	18MG4A5007	JERICK T J	✓
239	18MG4A5008	JERIL THOMAS FELIX	✓
240	18MG2H1043	JERIN JOHNSON	✓
241	18HU901009	JERIN K TOMY	✓
242	18CO5A3012	JERIN VARUGHESE GEORGE	✓
243	18CS4A1017	JERMI SATHIYAN	✓
244	18MG2A1011	JEROME JOY	✓
245	18MG501030	JERRIN JOSE	✓
246	18HU1A1008	JERRY H LALNUNTLUANGA	✓
247	18PS201011	JESLIN MATHEW	✓
248	18CO2A1030	JESLIN LIZA PHILIP	✓
249	18CS1H1031	JESNA JJI	✓
250	18HU6A1020	JESNA MARY JOSE	✓
251	18CO1K8415	KARISHMA KAVERI K S	✓
252	18MG501031	KAROLIN TOMY	✓
253	18CS2A4194	KARTHICK S	✓
254	18MG1K1091	KARTHICK RAJA S	✓
255	18CO1A4205	KARTHIK C	✓
256	18CS2H4217	KARTHIK P	✓
257	18CS1A1014	KATHLEEN SANDRA THERESE	✓
258	18CS6H1014	KATTUBADI SHAHUL KAREEM	✓
259	18HU6H2097	KAUSHIK M	✓
260	18CO5A1043	KAUSHIK NANDI	✓
261	18CO6A8011	KAUSHIK V	✓
262	18CS5A1009	KAUSHIKK V N	✓
263	18MG501032	KAVITHA K	✓
264	18MG503128	KAVITHA K R	✓

Sl. No	Registration Number	Full Name	Attendance
265	18MG503129	KAVITHA L	✓
266	18MG2A1013	KAVIYAA SRI V	✓
267	18LS1A1010	KAVYA A K	✓
268	18CO1H4235	KAVYA B	✓
269	18LS301010	KAVYA G	✓
270	18CO4K2061	KAVYA M	✓
271	18CO7K1036	KAVYA N	✓
272	18CS2A4195	KAVYA PARASHAR	✓
273	18CO1K9435	KAVYA R	✓
274	18CM101026	KAVYA T	✓
275	18CO1H3168	KAVYA UMESH	✓
276	18MG503130	KAVYA A	✓
277	18CO1K3186	KAVYA BAI R	✓
278	18CS1K3177	KAVYA S	✓
279	18CS701006	KAZAKA NATHAN	✓
280	18PS101040	KEDORIANUO SIRIE	✓
281	18CO1K4256	KEERTHANA G	✓
282	18PS101021	KEERTHANA KRISHNAN	✓
283	18HU901010	KEERTHANA K	✓
284	18SO101016	KEERTHANA R S	✓
285	18CS2K4235	KEERTHI R	✓
286	18CO1K5326	KEERTHI V	✓
287	18CO1K6396	KEERTHIK R	✓
288	18CS1K1048	KEERTHIKA K	✓
289	18MG502080	KEERTHISH S	✓
290	18MG1A2127	KELLAY YESHAY BHUTIA	✓
291	18HU5K1042	KENNETH FRANCIS JESUDASS	✓
292	18LS301011	KEREN NISHA J	✓
293	18CS3A1014	KESHAV SRIVASTAVA	✓
294	18CM301031	KESIYA SABU	✓
295	18CO3H2099	KESIYA THAMPI	✓
296	18HU4A1009	KEVIN ANTHONY	✓
297	18CO7A1009	KEVIN JAISON	✓
298	18CO2A1031	KEVIN SHAJAN	✓
299	18HU3A1010	KEVIN ABRAHAM WILLIAM	✓
300	18CO2A1032	KEVIN BABU MATHEW	✓



NSS Program Officer




PRINCIPAL

Kristu Jayanti College Autonomous
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Bengaluru - 560077



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DEPARTMENT OF PSYCHOLOGY

Yoga Session - International Yoga Day Celebration

Participation Certificate

This is to certify that **ARUN G K (19CS3H1017)** has participated in the **Yoga Session - International Yoga Day Celebration** organized by the **Department of Psychology, Kristu Jayanti College (Autonomous), Bengaluru** on **21-06-2020**.

Dr. Molly Joy

Head, Department of Psychology

Fr. Josekutty PD

Principal



Kristu Jayanti College

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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 all the PG students from 25.07.2019 to 27.07.2019.

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

Date: 25.07.2019 to 27.07.2019

Classes Attended: I MSW

Number of Beneficiaries: 35

Objective: To Impart Life Skills Education for Social Work Professionals

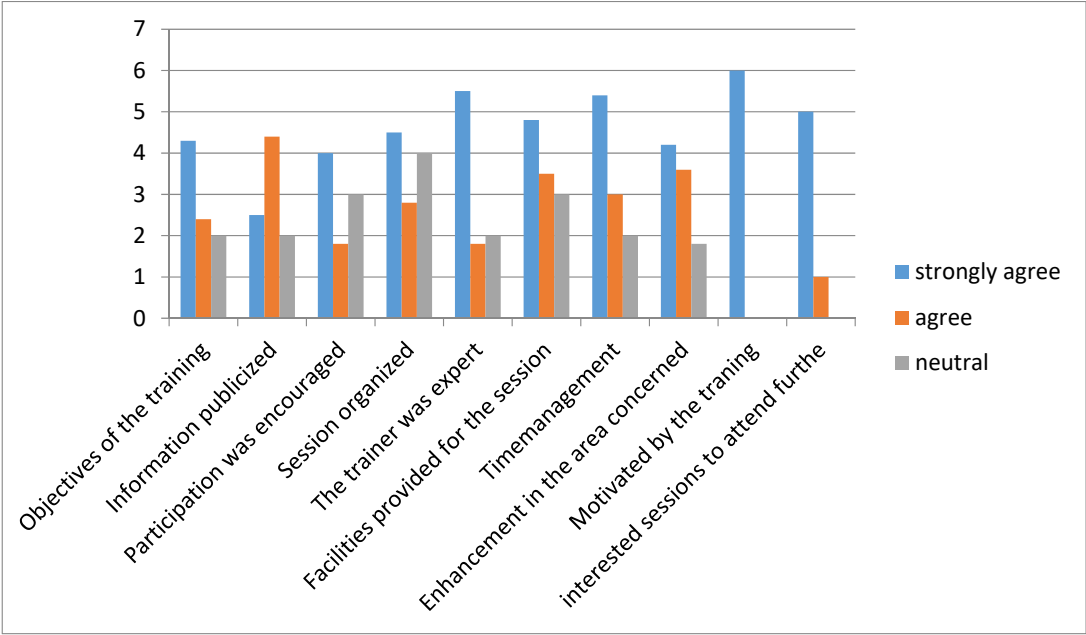
The Department of Social Work in collaboration with Centre for Life Skills Education organized Life Skills Education for Social Work Professionals from 25th July 2019 to 27th July 2019. The certificate course consisted of ten core life skills promoted by World Health Organisation (WHO), namely Self-awareness, Empathy, Creative Thinking, Critical Thinking, Problem Solving, Decision Making, Communication, Inter-Personal Relationship, Coping with Stress and Coping with Emotions. These skills are very beneficial in constructing and polishing their personality. The skills arm a person with the capabilities to lead a well-rounded life. Dr. Jonas Richard A, Dr. Winnie Joyce A, Dr. Rubavel M and Dr Jobin Tom, Faculty were conducted various sessions and encouraged the students to implement the various life skill in their daily life. The training was completely activity focused which helped them in identifying their own strengths and weakness. In everyday life, the development of life skills helps the Social Workers to:

- a. Find new ways of thinking and problem solving
- b. Teach them to take responsibility
- c. Build confidence
- d. Develop sense of self awareness
- e. Make team spirit

All sessions conducted with various activities. Students actively participated in these activities and they enjoyed and learned various things.

The main aim of the training was to help the first year students in developing social competence and helping them to form their own identity in their personal and professional life.

Feedback Analysis





Activity carried out by the students

Date: 26.07.2019 to 29.07.2019

Classes Attended: I MSc Psychology & Counselling Psychology

Number of Beneficiaries: 100

Session 1

Date: 26th July 2019

Time: 11:00 am-12.50pm

Venue: Main Audi

Beneficiaries: I M.Sc Psychology and Counselling Psychology.(100 Students)

Skill: Self Awareness

Faculty : Ms. Anitha Mary Mathew

There were group discussions and activities that helped the students to be aware of their thoughts, feelings and surroundings. The students were asked to write one quality that defines them and then an interactive one hour session commenced. The trainer explained about the topic, its meaning, need and importance with illustrative examples taken from everyday life. Ice breakers and activities that tested their attention and awareness created an opportunity for the students to mingle with each other and also be attentive to the session.

The other topics discussed were self-concept, self-esteem, self-management, reacting vs. responding, and emotional intelligence. Students were told about the importance of a positive self-concept, which will enrich their personal and interpersonal relations; how to communicate

effectively if we respond to situations that reacting; how to be aware and mindful in a chaotic web of thoughts and feelings; and how to improve one's quality of life by using the life skills.

Session 2

Date: 26th July 2019

Time: 1:45 pm-3:30 pm

Venue: Main Audi

Beneficiaries: I M.Sc. Psychology and Counselling Psychology.(100 Students)

Skill: Empathy

Faculty : Ms. Navya M. Patel

Empathy is the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. Ms. Navya M Patel as a facilitator opened the session with an ice-breaker activity and introduced the topic to be covered for the session. It was observed that the participants actively involved in the session by spontaneously sharing their own life circumstances where they used empathy. As a facilitator I was able to give an insight to the participants the importance of empathy through videos and short film. Students were given different case studies to analyse and come up with empathetic statements.

Difference between sympathy and empathy was oriented through role play as a facilitator the difference was oriented stating sympathy is feeling compassion, sorrow, or pity for the hardships that another person encounters. Empathy is putting yourself in the shoes of another, which is why actors often talk about it. As a facilitator feedback was taken and the session was closed with a coat on importance of problem solving.

Session 3

Date: 26th July 2019

Time: 3:30 pm- 5:00 pm

Venue: Main Audi

Beneficiaries: I M.Sc. Psychology and Counselling Psychology. (100 Students)

Skill: Creative and critical thinking

Faculty: Dr. Krishnan Bhatt

The students were explained the importance of life skills and in particular the role of creativity and critical thinking. Activity was conducted to demonstrate creativity and its importance and critical analysis for understanding and knowledge. The need and importance of these skills was emphasized with impactful videos and case examples.

The session concluded by 5:00 pm

Session 4

Date: 27th July 2019

Time: 9:00 am-11:00 am

Venue: Mini Audi I

Beneficiaries: I M.Sc. Psychology and Counselling Psychology. (100 Students)

Skill: Problem Solving

Faculty: Ms. Navya M. Patel

The process of finding solutions to difficult or complex issues is defined as problem solving. This skill was oriented to I semester Psychology and Psychological counselling students. The training program had around 100 participants. Ms. Navya M Patel as a facilitator opened the session with an ice-breaker activity and introduced the topic to be covered for the session. It was observed that the participants actively involved in the session by spontaneously sharing their own creative ideas in a given situation. As a facilitator I was able to give an insight to the participants in applying Creative thinking in dealing with daily life challenges. Desert Island activity was conducted to make the participant think creatively to solve a problem situation. Process involved in creativity like Preparation, Incubation, Illumination, Evaluation, and Remission was oriented. Tips to improve creative thinking was discussed like Develop a sense of observation and curiosity, become interested in finding new solutions, share ideas, Ask pertinent questions. As a facilitator feedback was taken and the session was closed with a coat on importance of problem solving.

Session 5

Date: 27th July 2019

Time: 11:00 am-12:50 pm

Venue: Mini Audi I

Beneficiaries: I M.Sc. Psychology and Counselling Psychology. (100 Students)

Skill: Decision Making

Faculty: Mr. Mubarak A.P.

Decision making is one of the crucial life skills that every human being should excel to lead a successful and happy life. Decision making skill training programme was conducted on 27th July 2019 for PG students of psychology department of Kristu Jayanti College, Bengaluru. The session was named 'From coin tossing to brain storming; Decision Making in process' and was held from 11:00 am to 12:50 pm. Session was composed in such a way that both theoretical knowledge and experiential training complemented each other without overpowering the same. On the theoretical aspect, steps involved in decision making, type of decisions and decision-making errors were discussed in detail in an interactive manner. To assure the experiential learning, four activities were also conducted which are grounded in decision making process. The activities included 'Selecting six members from ten from a dying planet', 'drawing faces of professionals' and 'Answering three questions with no relevant information'. All these activities helped candidates to understand the importance of decision making and also to understand the extend of the possibility of decision-making errors.

Session 6

Date: 29th July 2019

Time: 09:00 am-11:00 am

Venue: Main Audi

Beneficiaries: I M.Sc. Psychology and Counselling Psychology. (100 Students)

Skill: Effective Communication

Faculty: Dr. Rajalakshmi V.R.

The session started with introducing the concept of communication, process of communication and effective communication. Students were encouraged to take part in discussion regarding their understanding about communication and effective communication. Later, various activities were conducted with students to attain the learning objectives of making students aware about various aspects of effective communication. Students were encouraged to reflect on their learning experiences after the activities.

Session 7

Date: 29th July 2019

Time: 11:00 am-12:50 pm

Venue: Main Audi

Beneficiaries: I M.Sc. Psychology and Counselling Psychology. (100 Students)

Skill: Interpersonal Relationships (IPR)

Faculty: Ms. Vimala M.

On 26th July 2019, life skills training program on Inter personal relationship was held for I M.Sc. Psychology and Counselling Psychology, students from 11am to 12.50 p.m. The session began with introduction of person seated next to them, major aspects of interpersonal relationships such as need and its importance, stages of interpersonal relationship, characteristics of IPR, type of communication and the importance of appropriate communication in interpersonal relationship were discussed. How important to have family and workplace IPR and its impact on personal and professional growth. Analogical explanation and stories were incorporated during the session. The students were very reciprocated and involved actively throughout the session.

Session 8

Date: 29th July 2019

Time: 1:45 pm- 3:30 pm

Venue: Main Audi

Beneficiaries: I M.Sc. Psychology and Counselling Psychology. (100 Students)

Skill: Coping with Emotions

Faculty: Mr. Vignaanth Babu K.G.

This session was initiated by giving a brief introduction towards emotion, its need as psychologists, various types of emotions and how we react to some of the emotions and later regret. Students shared their current emotions and feelings they were experiencing. Students were then introduced to the basic emotions and how emotions develop since childhood till today. The emotional processing method and how coping strategies could be applied in various places was then explained. Students were shown a video and were asked to explain how emotional regulation happened at various stages in the scene. Students were thought the behavioural and psychological ways to cope up with emotions. Later videos from animated movie featuring anger management therapy and how different emotions play a major role in our behaviour was portrayed. The concept of Emotional Tape Recorder was introduced, and

practical examples were given to them to follow. The session ended by showing a video discussing about the importance of embracing all the emotions.

Session 9

Date: 29th July 2019

Time: 3:30 pm- 5:00 pm

Venue: Main Audi

Beneficiaries: I M.Sc. Psychology and Counselling Psychology. (100 Students)

Skill: Coping with Stress

Faculty: Ms. Soumya Simon

The session began with an introduction to various factors that become stressors in life and the impact of stress on once physical, psychological and social wellbeing. The students were helped to identify various stressors in life and the difference between eustress and distress. An activity was conducted to help students understand how focus on the stressor in life can deviate us from focusing on real life goals. They were then introduced various kinds of stress management techniques and were help to understand mindfulness as a technique with the help of an activity. The session ended with an activity that helped the student to reflect on the need to have proper social support and its impact on reducing and managing stress in life.

Date: 25.07.2019 to 27.07.2019

Classes Attended: I MSc Biotechnology & Microbiology

Number of beneficiaries: 75

Objective: Capacity Building Training on Life Skills Education

Inauguration: The Inauguration of Life Skill Education for the 1styear M.Sc. was held on 26th July 2019.

Date	Date & Time	Session	Faculty
26 th July 2019	09.00-10.50	Introduction to Life Skills venue- Miniaudi II	<i>Prof Sen Mathew</i>
	11.00-12.50	Inter Personal Relationship	Dr.Esther Shoba
	01.45-03.30	Problem Solving	Dr.Jemimah
	03.30-05.00	Coping with stress	Dr.Arunkumar
27 th July 2018	09.00-10.50	Effective communication	Dr.Dileep Francis
	11.00-12.50	Empathy	Dr. Sriram
29 th July 2018	09.00-10.50	Self-Awareness	Dr. Sangeetha Menon
	11.00-12.50	Creative Thinking & Critical Thinking	Dr. Hanumanthappa
	01.45-03.30	Coping with Emotions	Dr.Selvam Arjunan
	03.30-05.00	Decision Making	Dr. Manikandan

SESSION ON INTRODUCTION TO LIFE SKILLS BY PROF. SEN B MATHEW

The Life skill education Training Programme for the first year MSc (BT, MB) students commenced on 26th July 2019 at 9.30 am in the Mini Auditorium-II. In this session the students were introduced to the ten core life skills and their importance in their day to day life.

SESSION: PROBLEM SOLVING

The life skills program on problem solving was addressed by Dr.Jemimah Naine.S. The session took two hours for the post graduates (I Sem MSc Microbiology,Biotechnology) on 26-6-2018 at UG Block, Room n:406. The objective of the life skill session on problem solving was to empower students with knowledge and skills required to build their mental, analytical and creative skill. The different activities were introduced in specific contexts to enhance learning and understanding of the session. Video presentation and Group discussion was held during the session, and for the activity, Questioners were given to the students to solve the problem.

The activities helped students to:-discover and explore problems and solutions,-learn new concepts in thinking,-become more open-minded and learn how to avoid mental blocks, appreciate diversity and discover self-use intuition and common sense in problem solving, experience design basics and exercise the “more than one solution” approach. Life skill session was very interactive, since students were engaged in Groups works and brain storming discussions even answered any questions that were raised. The life skills session was a success, since pupils made a deliberate decision and coming up to solve the given problem.

EFFECTIVE COMMUNICATION

Beneficiaries: I MSc Biotechnology & Microbiology | Date: 27. 07. 2019 | Duration: 2 Hours

The life skill training session on ‘Effective Communication’ was delivered to all the first year Postgraduate students (2019-21 Batch) of the Department of Life sciences as is detailed above. The major aim of the session was to introduce the importance of effective communication in personal and professional life and to offer practical tips to communicate effectively. The session was a mixture of theoretical descriptions, interactive discussions, and activities related to the skill of communication. The major points that were discussed include:

- Definition of communication
- Importance of Effective communication in all walks of life
- Elements of effective communication
- Strategies to communicate effectively
- Barriers to effective communication and ways to overcome them

Activities Conducted:

The session had two major activities:

1. The guessing game
2. Back to back communication

1. The Guessing Game

The guessing game is both entertaining and informative. The participants learnt the importance of asking the right questions to get precise answers and the difference between open ended and close ended questions. The students were divided into groups. A representative of each group volunteers and comes to the stage. The volunteer writes the name of an actor on a note book. The group members can now ask ‘Yes’ or ‘No’ questions (limited to 10) to the volunteer. The name of the actor has to be guessed by the team members by asking minimum number of

questions as possible. The team which asks the lowest number of questions before they guess the actor right wins.

The activity has the following outcomes:

- Helps rejuvenate students and have their attention
- Helps students understand the importance asking the right questions
- Helps in understanding the difference between open ended and closed ended questions

2. Back to back Communication

This activity conveys the importance of clarity, choice of words and the perceptions of the receiver in communication. The students are divided into groups. A representative of each group volunteers and comes to the stage. A drawing with many geometrical shapes is given to the volunteer who has to describe the drawing to the rest of the group members. The group members are asked to draw the diagram based on the volunteer's description. After the exercise, the diagram is revealed to the students and they are asked to compare their drawings to the original diagram.

The activity helps in:

- Understand the importance of clarity, assertion and description of relevant factors in communication
- Realise how the same description of an idea/event can lead to different impressions in the audience
- Realise the importance of the perception of the receiver in communication

The session was received by the students with enthusiasm and keenness. They were interactive throughout the session and participated actively in the group engagements. The session fulfilled the objective of imparting insights on effective communication to students.

INTERPERSONAL RELATIONSHIP

I session - Venue : 309

II session – Venue:308

Human beings are social beings, so need to associate with each other. There is need to establish relationship with each other for personal growth as well as professional growth.

A strong bond between two or more people refers to interpersonal relationship. Attraction between individuals brings them close to each other and eventually results in a strong interpersonal relationship.

Forms of Interpersonal relationship

An interpersonal relationship can develop between any of the following:

- Individuals working together in the same organization.
- People working in the same team.
- Relationship between a man and a woman (Love, Marriage).
- Relationship with immediate family members and relatives.
- Relationship of a child with his parents.
- Relationship between friends.

Significance of healthy relationships:

- Listen to each other.
- Communicate openly and without judgment.
- Trust and respect each other.
- Consistently make time for each other.
- Remember details about each other's lives.
- Engage in healthy activities together.

Activities:

Warm up game: walk and Stop game

Jump in, jump out, jump left and jump right

Activities: Blind fold

Number game

Thread game

Holding hands together

Straw and ball game

SELF AWARENESS

Two hour session on core life skill of Self Awareness was conducted by Dr. Sangeetha Menon for the post graduates (I Sem MSc Microbiology and I Sem M.Sc Biotechnology) on 29-07-2019 in Room No.406, U.G Block of the college campus. A total of 75 students attended the session.

The session on self-awareness was aimed at developing self-awareness among students and equip them with self-esteem, self-efficacy, self-control and leadership qualities and to further enhance their mental and emotional development. A presentation on key aspects of self-awareness and steps for holistic self-development was held with intermittent breaks of activities and video on self-motivation and self-awareness. Questionnaires and self-assessment activities were given to students to analyse and understand themselves. Students actively participated in all the activities and also expressed their views and opinions through constructive discussions.

The activities helped students to become self-aware about their personality, interpersonal & intrapersonal skills via feedback from self/peers/others. Changing themselves appropriately would help them to improve performance, manage career and improve interpersonal interactions. Life skill session was very interactive, informative and successful due to active participation from students and everyone felt a difference after the session.

CREATIVE AND CRITICAL THINKING

The life skills program on Creative and critical thinking was addressed by Dr. Hanumantappa B Nayaka., The session took two hours for the post graduates (I Sem M. Sc. Microbiology, Biotechnology) on 29-7-2019 at UG Block, Room No. :406. The objective of the life skill session on Creative and critical thinking was to empower students with knowledge and skills required to build their mental, analytical and creative skill. The different activities were introduced in specific contexts to enhance learning and understanding of the session. Video presentation and Group discussion was held during the session, and for the activity, Questioners were given to the students to solve the problem.

The activities helped students to:-discover and explore about creative and critical thinking,-learn new concepts in thinking,-become more open-minded and learn how to deal with daily challenges by critical thinking,-appreciate diversity and discover self-use intuition and common sense in creative thinking in daily life,-experience design basics and exercise the “more than one solution” approach. Life skill session was very interactive, since students were engaged in Groups works and brain storming discussions even answered any questions that were raised. The life skills session was a success, since pupils made a deliberate to deal with daily problems and challenges by creative and critical thinking.

DECISION MAKING

Life skills help people make responsible and informed choices that can promote healthy lifestyles as well as career skills. Life skill training equips people with the social and interpersonal skills that enable them to cope with the demands of everyday life. In the following Life skill training sessions conducted from 27.07.2019 to 29.07.2019, for Post Graduate students (M.Sc Biotechnology and M.Sc Microbiology), the session on the topic “Decision Making” was carried out from 3.30 P.M to 5.00 P.M on 29.07.2019 (Monday), by Dr.Manikandan Kathirvel, Assistant Professor of Biotechnology, Department of Life Sciences, Kristu Jayanti College, Bangalore. Decision making life skill is the core skill among all the life skills. Decision making is a key skill in the workplace, and is particularly important if one wants to be an effective leader. The ability to make a decision and stick to it is the cornerstone

of good leadership skills. The theme discussed in the training session was the steps involved in making better decision making.

The major steps include starting with the desired outcome, relying on the data, information about the given problem or issue and insights to spot patterns, usage of S.W.O.T. analysis (Strengths, Weakness, Opportunities and Threats) which can serve as a reference point for future decisions as well, simulating the outcomes, trusting your instincts with logic. The session also covered the different types of decision making (Intuition, Logic and Cognitive bias) and the factors that can lead to the poor decision which included inadequate information, information overload, suggestions from too many people, vested interest, resistance to change and no attachment. The students were posed with several situations and scenarios as a task or activities and they were expected to make decisions to the given Problem or an issue. The students were enthusiastic, very communicative, participated very well and shared their opinions.

Photographs



**Feed back**

The feedback forms were circulated among students. One student from each section gave oral feedback about all the ten core life skills and how useful for them in their life.

Date: 26.07.2019 to 29.07.2019

Classes Attended: I M.Com; I M.Com FA & I MA Economics

Number of Beneficiaries: 104 Students (39 + 59 + 6)

Objectives

The primary aim of Life skills education is to equip people with the social and interpersonal skills that enable them to cope with the demands of everyday life. The main objectives of life skills education are to build self-confidence, encourage critical thinking, foster independence and help people to communicate more effectively.

About Life Skills

Department of Commerce (PG) in collaboration with The Centre for Life Skills Education (CLSE) of Kristu Jayanti College conducted training on Life Skills for the I Semester M.Com, M.Com FA & I MA Economics students over a span of three days from 26th to 29th July, 2019. The three days life skill education was started with introduction to life skill education on 26th July, 2019 at 09.30 AM in the Mini Auditorium of PG Block. Dr.A.Jonas Richard, Director,

Life Skills Education introduced the life skills education to participants. In this session, Dr.A.Jonas Richard explained the significance and importance of life skills education in the personal and professional life of an individual.

Life skill training is an interactive, real-world readiness program for youth. This capacity building training was focused on imparting 10 core life skills promoted by the World Health Organization (WHO). These life skills represent the psychosocial skills that determine valued behavior and include reflective skills such as problem-solving and critical thinking, to personal skills such as self-awareness, and to inter-personal skills. The entire training was activity based with an intense learning experience.

The crux of life skills education is to focus on wholesome development of the people. It helps participants become more assertive, communicate effectively with others by developing good listening skills and learn to handle stress and deal with disappointments and setbacks. Such life skills classes help people to explore their beliefs and attitudes through group discussions and confidence building techniques. A bird's eye view on all the ten life skills was given by Dr.A.Jonas Richard for I Year M.Com FA & M.A Economics Students for I Year M.Com Students during the inaugural session.



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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CENTRE FOR LIFESKILL EDUCATION

Date: 25.07.2019 to 27.07.2019

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	19CM21001	AARON GEORGE ZACHARIAH	✓
2	19CM31001	ABEY ELDHO CHARLEY	✓
3	19CM31002	ABI B OTTACKAL	✓
4	19PS21001	AHMED ABDULLAH ASIF	✓
5	19SO11001	AISHWARYA VIMAL	✓
6	19PS11002	AKHILA VEERAVALLI	✓
7	19PS11003	AKHILA R KRISHNA	✓
8	19PS21002	AKSHAL JOSEPHINE Y	✓
9	19PS11004	AKURATHI NAITHIKA	✓
10	19PS21004	ALNOOR BHADANI	✓
11	19SO11002	AMALA C V	✓
12	19CM11001	AMRUTA N PATIL	✓
13	19PS21005	AMRUTHA JOHN	✓
14	19PS11005	ANAGHA RAJ	✓
15	19PS11006	ANANYA KASHYAP	✓
16	19CM31003	ANEETTA ROSE GEORGE	✓
17	19PS11007	ANGEL SAJU	✓
18	19PS21006	ANIL U S	✓
19	19CM21002	ANITHA MARY J	✓
20	19SO11003	ANJANA .	✓
21	19SO11004	ANKITA CHOUDHURY	✓
22	19SO11005	ANNA NIYA THOMAS	✓
23	19SO11006	ANNS MARIA JOSE	✓
24	19CM11059	ANNU KURIAKOSE	✓
25	19SO11007	ANOOP KURIAN	✓
26	19PS21007	ANSA MARY SAKARIAH	✓
27	19CM31004	ANTO THANKACHAN	✓
28	19SO11008	ANU ABRAHAM	✓
29	19PS11008	ANU MATHEW	✓
30	19CM11002	ANUMOL T M	✓
31	19CM11003	ANUSHA B	✓

Sl. No	Registration Number	Full Name	Attendance
32	19PS21008	APARAJITA SEKHAR	✓
33	19CM21003	APARNA RAJEEV	✓
34	19CM11004	APOORVA N	✓
35	19SO11009	ARCHANA S NAIR	✓
36	19PS11009	ARUNDHATHI N	✓
37	19PS11010	ARYA DAS	✓
38	19CM21004	ASHIKA B	✓
39	19PS21009	ASHIMA ARUN	✓
40	19PS11011	ASHLY THOMAS	✓
41	19PS11012	ASHLY VARGHESE	✓
42	19CM11005	ASHWATHI NAIR	✓
43	19CM21005	ASHWINI RAVI KUMAR	✓
44	19CM11006	ATHIRA A	✓
45	19PS11013	ATHULYA RAJESH	✓
46	19CM31005	AUSTIN ANTONY	✓
47	19SO11010	AVINASH C	✓
48	19PS11014	AYESHA FATHIMA	✓
49	19CM11007	BALSME G MOMIN	✓
50	19CM21006	BHAVANA M K	✓
51	19CM11008	BINDHU M	✓
52	19CM21008	BINDYA SURESH	✓
53	19SO11011	BIYONA BENNY	✓
54	19CM21009	BLESSY M PILLAI	✓
55	19PS11015	BORGES SHERI ANNE	✓
56	19SO11012	CAROLIN MATHEW	✓
57	19PS21010	CECILIA JUANITA A	✓
58	19PS11016	CELINE GEORGE	✓
59	19SO11013	CHARIS NOELLE BROWNE	✓
60	19PS11017	CHERYL JOLLY	✓
61	19CM11009	CHINMAYI J R	✓
62	19CM11010	CHRISTY RAJAN	✓
63	19PS21011	CHUN GAN BUI A SANGMA	✓
64	19SO11014	CLARIENIA WANDAKA WAHLANG	✓
65	19SO11015	DAMEWANCHWA SHANGPLIANG	✓
66	19CM11011	DENNIS JOHN	✓
67	19PS11018	DIAS JESUINA JOAQUINA	✓
68	19PS11019	DIVITHALINI S M	✓
69	19PS21012	DIVYA M KURIAKOSE	✓
70	19SO11016	EIRENE MARY SAJI	✓

Sl. No	Registration Number	Full Name	Attendance
71	19PS21013	ELIZABETH SUSAN GEORGE	✓
72	19CM11012	EMMANUVEL BABY	✓
73	19CM21010	EVIN BENNY	✓
74	19PS11020	FERNANDES GLENDA	✓
75	19PS11021	FERNANDES RICHA RONY SARA	✓
76	19PS11022	FLENCY THANKACHAN	✓
77	19CM31006	FLORA S	✓
78	19CM11013	GAADHA B	✓
79	19SO11017	GANGA N NAIR	✓
80	19CM11014	GAYATHRI S KUMAR	✓
81	19CM21011	GAYATHRI S NAIR	✓
82	19SO11035	GIGIN MARIYA SAJI	✓
83	19CM11015	GLASTEENA JOSE	✓
84	19PS21014	GLINDA MELONY S	✓
85	19CM11016	HARIPRIYA K S	✓
86	19SO11018	HARISH AR	✓
87	19PS11023	HEPHZIBAH SAJI JACOB	✓
88	19CM21012	IFRA FASEEH	✓
89	19SO11019	IRIN THERESA JOY	✓
90	19PS21015	JAHNAVI GUPTA	✓
91	19CM31007	JAISON BABY	✓
92	19CM41001	JAMES JOHNSON	✓
93	19CM11017	JEFFREY ALLEN S	✓
94	19PS21016	JENNIFER KERKETTA	✓
95	19SO11020	JESSIN MARIYAM JOHN	✓
96	19PS11024	JEYSI THOMAS	✓
97	19CM11018	JIDI S KRISHNAN	✓
98	19CM11019	JISMI NAKSHATHRA JOHN	✓
99	19CM41008	JISSO PETER MATHEW	✓
100	19PS21017	JOEL SHAJEE	✓
101	19CM21013	JOEL CHACKO JOSE	✓
102	19CM21014	JOEL REJI VARUGHESE	✓
103	19PS21018	JOSHMY KURUVILA	✓
104	19SO11021	JOSHUA DAVID	✓
105	19PS11025	JUDY ELIZABETH GEORGE	✓
106	19PS21019	JULASHA SUSAN PHILIP	✓
107	19PS11026	JUSTIN SUNNY GREEGOR	✓
108	19PS11027	KEERTHANA M	✓
109	19CM11020	KEERTHI G M	✓
110	19CM11021	KIRAN BABU	✓

Sl. No	Registration Number	Full Name	Attendance
111	19PS21020	KISARA PRAVALIKA GOUD	✓
112	19PS21021	KRISHNENDU PAROL	✓
113	19CM41002	L CALEB .	✓
114	19CM41003	LALDUHZUALI	✓
115	19CM11022	LALLAWMSANGI .	✓
116	19PS21022	LATIKA P RAI	✓
117	19SO11022	LENORA V S	✓
118	19PS11028	LHING NEICHAN MATE	✓
119	19CM11023	LIDIYA DAVIS	✓
120	19CM11024	LIGINA ALPHONS SHIBU	✓
121	19CM11025	LITTY MARIYAM KUNJU	✓
122	19PS11029	MAHASWETA CHAKRABORTY	✓
123	19PS11030	MAHIMA BHARDWAJ	✓
124	19CM11026	MALVIKA S V	✓
125	19SO11023	MANISHAA R	✓
126	19CM21015	MANOVA SHAMMY	✓
127	19SO11024	MARIA ASHEETA	✓
128	19CM11027	MARTINA .	✓
129	19PS21023	MEBIN C DAS	✓
130	19PS11031	MEGHA A	✓
131	19CM21016	MEGHA NAIR	✓
132	19PS11058	MEHRA ARSHAD	✓
133	19PS11032	MERIN THOMAS	✓
134	19SO11025	MERIN MARY P. MATHEW	✓
135	19CM11028	MERLYN CLAIRE MARIA FRANCIS	✓
136	19PS11033	MINU BHARATHI D	✓
137	19PS11034	MIRANTA MARIA JOSE	✓
138	19CM11029	MITHA MANUEL	✓
139	19CM21017	NAINA SHAJI	✓
140	19CM31008	NAVITHA N	✓
141	19PS21024	NEHA ANANTH	✓
142	19PS21025	NEHA SETHIA	✓
143	19CM11030	NIDHIYA MARIA THOMAS	✓
144	19CM41004	NIRMAL R S	✓
145	19PS21026	NISHITHA NAIR P K	✓
146	19PS21027	NITHIN T MATHEW	✓
147	19PS11035	NOCHILU CURHA	✓
148	19CM41005	NOVONU LCHO	✓
149	19CM11031	PARVATHY NAIR H A	✓

Sl. No	Registration Number	Full Name	Attendance
150	19CM11032	PAVITHRA POOVARASAN	✓
151	19PS11036	PEREIRA JENICA	✓
152	19CM11033	PHOEBE ALEXANDER	✓
153	19CM11060	POOJA PRAJAPATI	✓
154	19CM11034	POOJA VINOD	✓
155	19PS11038	POTTA DEMO	✓
156	19CM11035	PRANITHA MENON	✓
157	19PS11037	PRASHANSA KHAWAS	✓
158	19SO11026	PRIYA SINGH	✓
159	19CM11036	RAHUL R	✓
160	19PS11038	RAMAVATU AYUSHI NAIK	✓
161	19CM11037	RAMYA R	✓
162	19PS11039	RASHMITA MAZUMDER	✓
163	19PS11040	RAZIA BAKTOO	✓
164	19CM11038	REENA A	✓
165	19PS21028	REENA S ZACHARIA	✓
166	19SO11027	REKHA K GEORGE	✓
167	19CM11039	RESHMA CLARE SHAJI	✓
168	19CM31009	RIJA MARY GEORGE	✓
169	19CM11040	RINTU RAJI	✓
170	19SO11028	RITHU B KURIAN	✓
171	19PS21029	RIVORA SEBASTIAN	✓
172	19CM31010	RIYA SATHYAN	✓
173	19CM11041	RIYA MERIN REJI	✓
174	19SO11029	ROBIN RAJU	✓
175	19CM11042	ROHAN MATHEW KURIAN	✓
176	19PS21030	ROHINI S KARKI	✓
177	19SO11030	RUDRAWAR SHRUTI SHRINIVAS	✓
178	19PS11041	RUHUMA SUSAN KURUVILLA	✓
179	19PS21031	RUSHALI SINGH	✓
180	19CM11043	RUTH THOMAS	✓
181	19PS11059	RUTH JOSEPHINE D JAMES	✓
182	19CM21018	SAHANA GLORY	✓
183	19CM31011	SAHANA N	✓
184	19PS21032	SAIRA JOHN	✓
185	19CM11044	SAKKU PHILIP	✓
186	19PS21033	SALABHA SAJAN	✓
187	19PS11001	SAMANT ANTARA ALIAS SALONI ANANT	✓
188	19PS11042	SAMYUKTHA N REDDY	✓

Sl. No	Registration Number	Full Name	Attendance
189	19CM31012	SANDEEP S	✓
190	19CM11045	SANDRA JOHNSON	✓
191	19PS11043	SANDRA SUSAN GEORGE	✓
192	19CM11046	SANJULA C	✓
193	19PS21034	SASI KIRAN P	✓
194	19CM21019	SASWATI BARIK	✓
195	19PS11060	SAVITHRI K BHATTATHIRIPPAD	✓
196	19CM11047	SEABA TERESA JAMES	✓
197	19SO11031	SEBASTIAN BENNY	✓
198	19SO11032	SEBIN JOSE	✓
199	19CM11048	SEJAL PRABHAKAR	✓
200	19PS21035	SERHOZO RHAKHO	✓
201	19PS11044	SHARATH M	✓
202	19SO11033	SHARON FERNANDO	✓
203	19CM11049	SHAZNA SHERIN Y	✓
204	19CM41006	SHEETHAL D	✓
205	19CM11050	SHEMA ELSA DAN	✓
206	19SO11034	SHEMI SHAJI	✓
207	19CM11051	SHERLY STEFFI L	✓
208	19PS21036	SHILONI S	✓
209	19PS11045	SHILPA DAS	✓
210	19PS11046	SHILPA RAJENDRAKUMAR	✓
211	19CM21007	SHIRISHA MAKAM DEEPAK	✓
212	19PS11047	SHIYONA PAULSON	✓
213	19PS21037	SHREELAKSHMI G S	✓
214	19PS11048	SHREYA BATRA	✓
215	19PS11049	SHREYA GHOSH	✓
216	19PS11050	SHRUTHI RAMESH	✓
217	19CM21020	SHRUTI BASIL	✓
218	19CM21021	SIVAPRIYA H	✓
219	19CM11053	SNEHA A	✓
220	19CM11054	SNEHA CHACKO	✓
221	19CM31013	SNEHA PRIYA R S	✓
222	19PS11051	SONIA GHOLAP	✓
223	19CM11055	SONU ABRAHAM THOMAS	✓
224	19PS11052	SORATHIYA JASMINE	✓
225	19PS21038	SOUMYA MURALI	✓
226	19PS21039	SREELEKSHMI S	✓
227	19CM21022	SREYA MARY JOJI	✓
228	19PS21040	SRI DHEETCHITHA S	✓

Sl. No	Registration Number	Full Name	Attendance
229	19CM31014	SUNOJ VARGHESE	✓
230	19CM21023	TAKHENCHANGBAM OLIVIA	✓
231	19PS21041	TANUSHREE K S	✓
232	19CM11056	TEENA BENNY THOMAS	✓
233	19CM41007	TSUSELU LOHE	✓
234	19CM21024	UZMA INAYATH	✓
235	19CM21025	V PRIYANKA	✓
236	19PS11053	VAISHALI PANCHOLI	✓
237	19CM11057	VAISHNAVI	✓
238	19PS11054	VANDITA VEMPATI	✓
239	19CM31015	VATTAPARAMBIL JOM JOSE	✓




PRINCIPAL



Kristu Jayanti College

AUTONOMOUS Bengaluru

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DEPARTMENT OF PSYCHOLOGY

Life Skill education Programme for PG Students

Participation Certificate

This is to certify that **FLENCY THANKACHAN (19PS11022)** has participated in the **Life Skill education Programme for PG Students** organized by the **Department of Psychology, Kristu Jayanti College (Autonomous), Bengaluru** on **25-07-2019**.

Dr. Molly Joy

Head, Department of Psychology

Fr. Josekutty PD

Principal



Kristu Jayanti College

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School of Management

&

Centre for Life Skills Education (CLSE)

Capacity Building Training on

Life Skills for Millennial Executives

July 25 - 27, 2019

Inauguration

Conference Hall I

|

09:15 a.m.





Kristu Jayanti College

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SCHOOL OF MANAGEMENT

&

CENTRE FOR LIFE SKILLS EDUCATION (CLSE)

Capacity Building Training on Life Skills

Title: Life Skills for Millennial Executives

Date: 25-07-2019 to 27-07-2019

Classes Attended & Number of beneficiaries: I year MBA Section – 93 students

Name and details of the Resource Person: Dr Jonas Richard, Director, CLSE.

Brief write up on the Programme:

School of Management, Kristu Jayanti College in association with the Centre for Life Skills Education of the College organized a Capacity Building Training on “Life Skills for Millennial Executives” for the first year MBA students of Batch 2019–2021 between July 25, 2019 and July 27, 2019. The faculty, who are certified trainers in Life Skills, were actively involved over the three days to train the Millennial budding executives.

Life skills curriculum of the School of Management is based primarily on Professional Skills, Communication Skills, Interpersonal Skills and Ethics & Values. The training was split into ten sessions comprising of 10 core life skills namely Self-awareness, Creative thinking, Critical thinking, Problem Solving, Decision Making, Communication, Interpersonal skills, Empathy, Coping with emotions and Coping with stress.

Creative thinking is an effective resource that resides in all the individuals the session has given us immense development in thinking out of the box the learning has guaranteed a better solution for future challenges. The class also help us brief what are the components are the barriers that are creating problems of a percent to do critical thinking for example egocentric thinking and

social centric thinking. As a student it is always important to convert daily faced problems into positive Vibes which result in in experience and a fruitful learning and particularly problems solving skills have felicitated my point of view to convert my problems into positive outputs.

The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun and the resilience to hold up under pressure and meet challenges head on. Self-Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Interpersonal skills are the skills we use every day when we communicate and interact with other people, both individually and in groups.

Empathy is the skill of reflecting back to another person the emotions he/she is expressing so that he /she feels heard and understood. Communication skills involve listening, speaking, observing and empathizing. It is also helpful to understand the differences in how to communicate through face-to-face interactions, phone conversations and the digital communications. Certificates were issued to all the students who completed the training successfully.



Inauguration of the programme



Students engaged in the activity



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DEPARTMENT OF COMPUTER SCIENCE (PG)

Tech Talk on “Micro services”

Date: 25-07-2019 to 27-07-2019

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	18CS61029	ABDUL RAHMAN	✓
2	18CS61001	ABEL REJI	✓
3	17CS41001	ABEL SAM ELDO	✓
4	17CS41002	ABHILASH M	✓
5	17CS41003	ABHISHEK G	✓
6	17CS41004	ABIN JOSEPH	✓
7	17CS41005	ACHUTH P	✓
8	17CS41006	AISHWARYA R	✓
9	17CS41048	AJITH KUMAR G	✓
10	18LS41001	AKANKSHA ASHOK PARIT	✓
11	18CS61002	ALEX JOHN	✓
12	18CS61003	ALPHONSA JOSEPH	✓
13	18CS71001	AMRUTHA G	✓
14	18LS41002	ANANYA V	✓
15	17CS41007	ANTO VARGHESE	✓
16	17CS41008	ANUJA THOMAS	✓
17	18CS61004	APOORVA BAHULEYAN E M	✓
18	18CS61005	ARUN VARGHESE	✓
19	17CS41009	ATHIRA N S	✓
20	18CS61006	ATUL ASHISH XALXO	✓
21	17CS41010	BENEDICT BIJU JACOB	✓
22	17CS41047	BOAZ TITUS	✓
23	18CS61007	BUTHURU LAZARES SATHYA	✓
24	18LS41003	CATHERINE M	✓
25	17CS41011	CHRISTIAN BETSY JOHNSON	✓
26	17CS41012	CHRISTINA R PAUL	✓

Sl. No	Registration Number	Full Name	Attendance
27	18LS41004	COLACO LISA MARIE	✓
28	17CS41013	CYRIL GEORGE	✓
29	17CS41014	DANIEL PAUL	✓
30	18CS61008	DEBORAH RAJU	✓
31	17CS41049	DEEPAK K	✓
32	18LS41022	DEEPIKA M	✓
33	18LS41006	DEITIBIANG SHISHA	✓
34	18CS61010	DINESH KUMAR K	✓
35	17CS41015	DOLWIN DAVIS	✓
36	17CS41016	DON JOHNSON	✓
37	18LS41005	D'SOUZA ANDREL	✓
38	18LS41024	ELIZABETH LALREMPUII	✓
39	18CS61011	FAMID HANEEFA T	✓
40	18LS41007	FEMILA JACKULIN J	✓
41	18CS61012	HARITHA NAIR	✓
42	18CS71002	HEMALATHA E	✓
43	18CS71003	JAMES THOMAS	✓
44	18LS41008	JANISHA I	✓
45	18CS61013	JEHOVA LALSUONGUM	✓
46	18CS71004	JINCY JOHNKUTTY	✓
47	17CS41017	JIRAN KURIAN	✓
48	17CS41019	JOEL J JOY	✓
49	17CS41018	JOEL POLY	✓
50	18CS61014	JUDSON JOSEPH A	✓
51	18CS71005	JUVERIA SANA	✓
52	18LS41009	K LALLUNGAWII	✓
53	18CS71006	KAZAKA NATHAN	✓
54	17CS41020	KEVIN THOMAS	✓
55	18LS41010	KUSHBU R	✓
56	18CS71007	LINCY JOSEPH	✓
57	18LS41011	LYDIA MARY THOMAS	✓
58	17CS41021	MALAN ALLOH FERNAND	✓
59	18LS41012	MALSAWMTLUANGI	✓
60	18LS41025	MANDIRA CHOUDHURY	✓
61	17CS41022	MANIKANNDAN	✓
62	17CS41023	MARIA K PANICKER	✓
63	18LS41023	MARY MS DAWNGLIANI	✓
64	18CS61030	MELVIN EBENEZER J	✓
65	18CS61015	MELVIN MAMMEN MONCY	✓
66	17CS41025	MITTU SHAJI	✓

Sl. No	Registration Number	Full Name	Attendance
67	17CS41051	MOHAMED IMRAN KHAN S	✓
68	18CS71008	MOHAMED SHAIK FAREED A	✓
69	18LS41013	NASRIN P	✓
70	18CS61016	NEHA ELIZABETH PRINCE	✓
71	18CS61017	NIKITHA SUSANNA	✓
72	18CS61018	NIXAN DEVASSIA	✓
73	18CS61019	NOOR ZAIBA	✓
74	17CS41026	PAVAN KUMAR N	✓
75	18LS41014	PHIRAKORDOR WANNIANG	✓
76	18LS41015	PRADEEK P	✓
77	18CS61020	PYARJITH V P	✓
78	17CS41050	RAJESHA D	✓
79	17CS41027	RASHMI C	✓
80	17CS41028	RAYNA ANNA ABRAHAM	✓
81	18LS41016	REENU SUSAN THOMAS	✓
82	17CS41029	REKHA H	✓
83	18CS61021	SAJI C	✓
84	17CS41030	SAM THOMAS	✓
85	17CS41031	SANDESH MUKTAN	✓
86	17CS41032	SANDHYA S	✓
87	18CS61022	SANGRAM RAUTA	✓
88	18CS61023	SANOOP DEVASSIA	✓
89	18LS41017	SEVANTHINI B R	✓
90	18CS61024	SHEIK FARIDH NOWFAL N Z	✓
91	18CS61025	SHEKAR C	✓
92	17CS41033	SHILPA ANAND	✓
93	17CS41034	SHIVA KUMAR N	✓
94	18CS61026	SHOBHAN MANIK	✓




PRINCIPAL



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A U T O N O M O U S Bengaluru

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SCHOOL OF MANAGEMENT

Life Skill for Millennial Executives -MBA

Participation Certificate

This is to certify that **CHANDINI R (19MG52052)** has participated in the **Life Skill for Millennial Executives -MBA** organized by the **School of Management**, Kristu Jayanti College (Autonomous), Bengaluru from **25-07-2019 to 27-07-2019**.

Dr. Jonas Richard A

Coordinator

Fr. Josekutty PD

Principal



Kristu Jayanti College

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School of Management

Academia Industry Innovative Series

August 03, 2019



Shri. Abraham Moses

GM and Good Samaritan

Mind Tree

Conference Hall I



09:15 a.m.





Kristu Jayanti College

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SCHOOL OF MANAGEMENT

Academia Industry Innovative Series (AIIS)

Seminar on 'Taking Right Decisions'

Date: 03-08-2019

Classes attended & number of beneficiaries: I Year MBA - 94 students

Name and details of the Resource Person: Mr. Abraham Moses, GM & Good Samaritan, Mind tree Limited, Bengaluru

Objective: To provide the students an opportunity to interact with the industry experts and gain insights about practices prevailing in the industry.

Brief write up on the programme:

AIIS is an interactive and informative platform for MBA students of Kristu Jayanti School of Management. For the year 2019, AIIS was inaugurated on 3/8/2019 by 11 AM. The session was started with an introduction by Ms. Sai Praneetha which was continued with a morning prayer. After that the prelude was given by Prof Sen B. Matthews, Director (CECR), Kristu Jayanti College and then the welcome speech was given by Mr. Amar Raghunath, student, School of Management. Mr. Justus Thomas, student, school of management gave the introduction about the chief guest Mr. Abraham Moses, GM & Good Samaritan, Mind tree.

Mr. Abraham Moses explained about his family and about his life style. He started his profession as an office boy as a humble beginner, at the young age he had an urge to achieve targeted goals. He always thinks and strive to achieve his dreams. He was a clerk in WIPRO Company and with his hard work grown to a higher position in the same Company without any graduation. When he started his career in Mind tree Company, he didn't even have any plan and there was no business

plan for it, all he had was the faith on the people who were with him. He took the risk to move towards heights.

He has some beliefs and standards like 'My God is my boss' and he likes to do innovation. In his life, he learned the value of money. He advocated to attempt any endeavor with boldness and learn continuously. He inspired the students to earn respect and develop confidence, leadership, and money through hardwork and sheer determination.

He encouraged students to accept their mistakes and never give up any situation and learn to be calm during stressful situations. After the introduction session, he started interacting with students and encouraged them to ask questions and answered them in a very positive manner. He focused on learning, seizing opportunities, and to take decisions in life.

Photo:



Mr Abraham at the insugural session (seated 2nd from left)



Mr. Abraham Moses with the students



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SCHOOL OF MANAGEMENT

Academia Industry Innovative Series (AIIS)

Date: 03-08-2019

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	19MG51001	ABIN BENNY	✓
2	19MG51002	ABIN K TOMY	✓
3	19MG52049	ALISON BABU	✓
4	19MG52050	AMAR RAGHUNATH	✓
5	19MG52051	ANNREETA THOMAS	✓
6	19MG51004	ASHWINI NATHASHA S	✓
7	19MG52052	CHANDINI R	✓
8	19MG52053	CYNTHIA EUNICE BHASKER	✓
9	19MG51007	DEEPAK MATHEW	✓
10	19MG51008	DENNIS KURIAN	✓
11	19MG52054	DEVIKA C	✓
12	19MG51010	ELIZABATH RONY	✓
13	19MG52055	GUNJAN NEOG	✓
14	19MG52056	HANNA EVELIN SUNNY	✓
15	19MG52057	HAREESH P	✓
16	19MG52058	HARSH VARDHAN	✓
17	19MG52059	IBAPYNBIANG DKHAR	✓
18	19MG52060	JACOB SUBHASH	✓
19	19MG51012	JADE FELICIA MICHELLE	✓
20	19MG51013	JEBIN R	✓
21	19MG52061	JEFIN SEBASTIAN	✓
22	19MG51015	JIBIN JOSE	✓
23	19MG51016	JINCY TESS MATHEW	✓
24	19MG52062	JISMON TOMY	✓
25	19MG52063	JOANNA JOHN SELVARAJ	✓
26	19MG52096	JOEL D VARGHESE	✓
27	19MG52064	JOFIN JOSE	✓

Sl. No	Registration Number	Full Name	Attendance
28	19MG51017	JOJIN GEORGE	✓
29	19MG52065	JOSHUA GEORGE THAMPY	✓
30	19MG52066	JOSHUA J JACOB	✓
31	19MG51019	JUBI BENNY	✓
32	19MG52067	JUSTIN MATHEW	✓
33	19MG52068	JUSTUS THOMAS	✓
34	19MG52069	KEVIN RONALDO M A	✓
35	19MG52070	KRIPA JOHNY	✓
36	19MG51020	LIJO LONAPPAN	✓
37	19MG51021	MARIA MATHEW	✓
38	19MG51022	MELVIN JAMES	✓
39	19MG52071	MELVIN V ZACHARIAH	✓
40	19MG51023	MERLIN MATHEW	✓
41	19MG52072	MOHAMMED AFSAL	✓
42	19MG51025	MOHIN THOMAS	✓
43	19MG52073	MUHAMMED HUSSAIN	✓
44	19MG52074	NAMITHA MARIAM JOSE	✓
45	19MG51027	NANDEESH REDDY C	✓
46	19MG51097	NELCY M JOHN	✓
47	19MG51028	NIKHIL THOMAS	✓
48	19MG52075	NIVIN JOSE PAUL	✓
49	19MG51029	PARVATHY K	✓
50	19MG51030	PATIL SAI PRANEETHA	✓
51	19MG52076	PINTO OLIVIA BERNARD	✓
52	19MG51031	PRAHATHEESWARAN S	✓
53	19MG52077	PRANIT N KUMAR	✓
54	19MG51032	PRINCE JOSEPH BINOY	✓
55	19MG52078	RAHUL JOHN	✓
56	19MG52079	RENITA SUSAN JACOB	✓
57	19MG51033	RIJO GEORGE	✓
58	19MG52080	ROBY MATHEW	✓
59	19MG51034	ROHAN RAKESH	✓
60	19MG51035	ROHAN THOMAS	✓
61	19MG51036	ROHIT KURIAN ABRAHAM	✓
62	19MG52081	ROSE ANGELIN GEORGE	✓
63	19MG52082	S R BHAVANA	✓
64	19MG52083	SALEM SAJID SAYED	✓

Sl. No	Registration Number	Full Name	Attendance
65	19MG52084	SAM GEORGE JACOB	✓
66	19MG51038	SAMUEL MAVELIL	✓
67	19MG52085	SHERIN P ABRAHAM	✓
68	19MG51039	SHIBY THOMAS	✓
69	19MG52086	SHRUTHY ELIZABETH DAN	✓
70	19MG52087	SIJO VARGHESE	✓
71	19MG52088	SNEHA P ANDREWS	✓
72	19MG51041	SONY JOSE	✓
73	19MG51043	SREEREKHA S MENON	✓
74	19MG52089	SREYA MARIYAM JOHN	✓
75	19MG51044	STEPHEN .	✓
76	19MG52090	SUBHAM RAJ SINGH	✓
77	19MG51045	SUBHASHREE LENKA	✓
78	19MG52091	SURUMI SHEPHERD	✓
79	19MG51047	SWATHI THIRUMENI	✓
80	19MG52092	TESNIYA PAUL	✓
81	19MG52093	THERESA ROSE BASTIAN	✓
82	19MG52094	UJJAINI VH	✓
83	19MG52095	VIJAY KRISHNA	✓
84	19MG51048	VISHNU M	✓



Head of the Department




PRINCIPAL

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



Kristu Jayanti College

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SCHOOL OF MANAGEMENT

Seminar on Taking Right Decisions

Participation Certificate

This is to certify that **HANNA EVELIN SUNNY (19MG52056)** has participated in the **Seminar on Taking Right Decisions** organized by the **School of Management, Kristu Jayanti College (Autonomous), Bengaluru** on **03-08-2019**.

Dr. Aloysius Edward J

Dean, Faculty of Commerce and Mangement

Fr. Josekutty PD

Principal



Kristu Jayanti College
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School of Management

Workshop on Personal Hygiene

August 03, 2019

Dr. Sheeja Krishnakumar D

Assistant Professor

Kristu Jayanti College

Conference Hall I

|

11:00 a.m.





Kristu Jayanti College

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SCHOOL OF MANAGEMENT

Session on Personal Hygiene

Date: 03-08-2019

Classes attended and number of beneficiaries: I Year MBA – 94 students

Name and details of the Resource person: Dr. Sheeja Krishnakumar, Asst. Professor, KJSOM

Brief write up on the programme:

A fruitful session was conducted by Dr. Sheeja Krishnakumar on Personal Hygiene. She spoke about what is personal hygiene, how important it is to take care of oneself and what will be the consequence if one doesn't do so. Maintaining personal hygiene is essential for sustaining a good life. Maintaining a good standard of hygiene helps keep free from infections, illnesses and bad odors at bay.

Personal hygiene can be defined as an act of maintaining cleanliness and grooming of the external body. Maintaining good personal hygiene consists of bathing, washing hands, brushing teeth and wearing clean cloths. Additionally, it is also about making safe and hygienic decisions when around others. One of the most fool proof ways is to safeguard oneself and others from illness is through good personal hygiene.

Good personal hygiene not only enhances your overall appearance but also prevents diseases, infections, and unpleasant odors. She also mentioned about bad eating habits and how important it is to eat healthy and to stay healthy. Many people fall into a daily routine that can include skipping breakfast, wolfing down an unhealthy lunch, grabbing soda, chips, candy, donuts or coffee all day and gorging in the evening.

Bad habits include:

- Binge eating
- Starving yourself
- Not knowing what you eat
- Excess intake of sugar, white flour, caffeine and simple carbohydrates
- Skipping breakfast
- Lack exercise
- Not drinking enough water

Eating healthy can benefit human body a lot. It helps the body to increase metabolism. It helps to increase immunity. It helps to keep diseases at bay.



Dr. Sheeja Krishnakumar addressing the students



Kristu Jayanti College

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SCHOOL OF MANAGEMENT

Workshop on Personal Hygiene

Date: 03-08-2019

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	19MG51001	ABIN BENNY	✓
2	19MG51002	ABIN K TOMY	✓
3	19MG51003	ALEX JOY	✓
4	19MG52049	ALISON BABU	✓
5	19MG52050	AMAR RAGHUNATH	✓
6	19MG52051	ANNREETA THOMAS	✓
7	19MG51004	ASHWINI NATHASHA S	✓
8	19MG52052	CHANDINI R	✓
9	19MG51006	CHARATE ANISH MAHESH	✓
10	19MG52053	CYNTHIA EUNICE BHASKER	✓
11	19MG51007	DEEPAK MATHEW	✓
12	19MG51008	DENNIS KURIAN	✓
13	19MG52054	DEVIKA C	✓
14	19MG51010	ELIZABATH RONY	✓
15	19MG52055	GUNJAN NEOG	✓
16	19MG52056	HANNA EVELIN SUNNY	✓
17	19MG52057	HAREESH P	✓
18	19MG51011	HARIS KHAN	✓
19	19MG52058	HARSH VARDHAN	✓
20	19MG52059	IBAPYNBIANG DKHAR	✓
21	19MG52060	JACOB SUBHASH	✓
22	19MG51012	JADE FELICIA MICHELLE ANTONIO	✓
23	19MG51013	JEBIN R	✓
24	19MG51014	JEFFIN NINAN JOSE	✓
25	19MG52061	JEFIN SEBASTIAN	✓
26	19MG51015	JIBIN JOSE	✓
27	19MG51016	JINCY TESS MATHEW	✓
28	19MG52062	JISMON TOMY	✓

Sl. No	Registration Number	Full Name	Attendance
29	19MG52063	JOANNA JOHN SELVARAJ	✓
30	19MG52096	JOEL D VARGHESE	✓
31	19MG52064	JOFIN JOSE	✓
32	19MG51017	JOJIN GEORGE	✓
33	19MG51018	JOSEPH B KURIACKAL	✓
34	19MG52065	JOSHUA GEORGE THAMPY	✓
35	19MG52066	JOSHUA J JACOB	✓
36	19MG51019	JUBI BENNY	✓
37	19MG52067	JUSTIN MATHEW	✓
38	19MG52068	JUSTUS THOMAS	✓
39	19MG52069	KEVIN RONALDO M A	✓
40	19MG52070	KRIPA JOHNY	✓
41	19MG51020	LIJO LONAPPAN	✓
42	19MG51021	MARIA MATHEW	✓
43	19MG51022	MELVIN JAMES	✓
44	19MG52071	MELVIN V ZACHARIAH	✓
45	19MG51023	MERLIN MATHEW	✓
46	19MG52072	MOHAMMED AFSAL	✓
47	19MG51024	MOHAMMED HASIM	✓
48	19MG51025	MOHIN THOMAS	✓
49	19MG52073	MUHAMMED HUSSAIN	✓
50	19MG51026	NAMITHA CHINNU VARUGHESE	✓
51	19MG52074	NAMITHA MARIAM JOSE	✓
52	19MG51027	NANDEESH REDDY C	✓
53	19MG51097	NELCY M JOHN	✓
54	19MG51028	NIKHIL THOMAS	✓
55	19MG52075	NIVIN JOSE PAUL	✓
56	19MG51029	PARVATHY K	✓
57	19MG51030	PATIL SAI PRANEETHA	✓
58	19MG52076	PINTO OLIVIA BERNARD	✓
59	19MG51031	PRAHATHEESWARAN S	✓
60	19MG52077	PRANIT N KUMAR	✓
61	19MG51032	PRINCE JOSEPH BINOY	✓
62	19MG52078	RAHUL JOHN	✓
63	19MG52079	RENITA SUSAN JACOB	✓
64	19MG51033	RIJO GEORGE	✓
65	19MG52080	ROBY MATHEW	✓
66	19MG51034	ROHAN RAKESH	✓
67	19MG51035	ROHAN THOMAS	✓
68	19MG51036	ROHIT KURIAN ABRAHAM	✓

Sl. No	Registration Number	Full Name	Attendance
69	19MG52081	ROSE ANGELIN GEORGE	✓
70	19MG52082	S R BHAVANA	✓
71	19MG52083	SALEM SAJID SAYED	✓
72	19MG52084	SAM GEORGE JACOB	✓
73	19MG51038	SAMUEL MAVELIL	✓
74	19MG52085	SHERIN P ABRAHAM	✓
75	19MG51039	SHIBY THOMAS	✓
76	19MG52086	SHRUTHY ELIZABETH DAN	✓
77	19MG52087	SIJO VARGHESE	✓
78	19MG51040	SNEHA MARY SEBASTIAN	✓
79	19MG52088	SNEHA P ANDREWS	✓
80	19MG51041	SONY JOSE	✓
81	19MG51042	SOURAV K SUKUMARAN	✓
82	19MG51043	SREEREKHA S MENON	✓
83	19MG52089	SREYA MARIYAM JOHN	✓
84	19MG51044	STEPHEN	✓
85	19MG52090	SUBHAM RAJ SINGH	✓
86	19MG51045	SUBHASHREE LENKA	✓
87	19MG51046	SUNITHA GEORGE	✓
88	19MG52091	SURUMI SHEPHERD	✓
89	19MG51047	SWATHI THIRUMENI	✓
90	19MG52092	TESNIYA PAUL	✓
91	19MG52093	THERESA ROSE BASTIAN	✓
92	19MG52094	UJJAINI VH	✓
93	19MG52095	VIJAY KRISHNA	✓
94	19MG51048	VISHNU M	✓



Head of the Department




PRINCIPAL

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



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SCHOOL OF MANAGEMENT

Session on Personal Hygiene

Participation Certificate

This is to certify that **JINCY TESS MATHEW (19MG51016)** has participated in the **Session on Personal Hygiene** organized by the **School of Management, Kristu Jayanti College (Autonomous), Bengaluru** on **06-08-2019**.

Dr. Aloysius Edward J

Dean, Faculty of Commerce and Mangement

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 20.08.2019 & 21.08.2019

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

Date: 20.08.2019 & 21.08.2019

Classes Attended: I Semester MCA & M.Sc. CS

Number of Beneficiaries: 54 Students

Objective:

Empower students with skills and knowledge. These skills and knowledge would help reduce the chances to indulge in risky behavior.

Brief Write up on the Session:

Introduction:

The Life Skills Program was conducted for two days at Kristu Jayanti College for PG Students (MCA & M.Sc. CS) on August 20, 2019, & August 21, 2019. 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 behavior 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.

Topics carried out in Life Skills Sessions:

1. 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
2. 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

3. 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
4. Critical Thinking: It is the objective analysis of facts to form a judgment. Resource Person: Dr. Ambika
5. Problem Solving: Involves using the generic method in an orderly manner to find solutions to problems. Resource Person: Dr. Ambika
6. 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
7. 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
8. 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
9. Coping with Emotions: Implies that whether there is good or bad news one should not lose control over oneself, however, one should not suppress the emotions. Resource Person: Prof. Sevuga Pandian
10. 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 and experience in managing stress. Resource Person: Prof. Muruganantham.

Learning Outcome:

- Students learn how boost their confidence and ability to do things.
- Students learn how develop their personal qualities and functional skills.
- Students learn time management, stress management, and personality development.





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CENTRE FOR LIFESKILL EDUCATION

Date: 20.08.2019 & 21.08.2019

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	19CS81001	ABHASH MAGAR	✓
2	19CS71001	ADAM TZUR	✓
3	19CS81002	ADARSH M M	✓
4	19CS81003	AJIT KUMAR	✓
5	19CS81004	AKHILA THOMAS	✓
6	19CS71002	ALAN RACHEL GEORGE	✓
7	19CS81005	ANEESH MATHEW	✓
8	19CS81006	ANGWYN RODRIGUES	✓
9	19CS71015	ANJANA A	✓
10	19CS81007	ANKITA DAS	✓
11	19CS71003	ARYA NARAYANAN	✓
12	19CS81038	ASHWINI G	✓
13	19CS71004	ATUL JOY P	✓
14	19CS81035	AYUSH KUMAR SINGH	✓
15	19CS81008	BLESSY P J	✓
16	19CS81010	BONY TOM PHILIP	✓
17	19CS81011	DAKARAPU VIJAY RATNAKAR	✓
18	19CS81012	DEIMAPHISHISHA NONGKSEH	✓
19	19CS81013	EDWIN E PERERA	✓
20	19CS81014	GITESWAR GOSWAMI	✓
21	19CS81015	JAGAT JOY	✓
22	19CS81034	JAIDEEP KUMAR	✓
23	19CS81016	JERIN JOJI	✓
24	19CS81017	JERRY LEWES K	✓

Sl. No	Registration Number	Full Name	Attendance
25	19CS81018	JIBIN JAMES	✓
26	19CS71005	JICKY V SAM	✓
27	19CS81019	JINU JOHN	✓
28	19CS81020	JOSBIN JOSEPH	✓
29	19CS71006	KARAN VIKAS MANE	✓
30	19CS81021	KHACHANE KOMAL SUNIL	✓
31	19CS81022	L.PENINA	✓
32	19CS81023	LALNUNCHAMI	✓
33	19CS81024	MAHATO NITEESH KUMAR	✓
34	19CS71007	MEGHA V	✓
35	19CS81025	MERILYN D MAWLIEH	✓
36	19CS81026	MOHAMMAD JONAIID ANSARI	✓
37	19CS81027	NEHA SHINDE BABU SUDERSHAN	✓
38	19CS81039	NIKHIL	✓
39	19CS71008	NIKHIL HARI	✓
40	19CS81028	NIRMOL KR M HEMBROM	✓
41	19CS81029	PAVITRA KIRTHI B	✓
42	19CS81009	PEREIRA BLINSIA	✓
43	19CS71014	RAMYASHREE R	✓
44	19CS81030	ROMY BENNY	✓
45	19CS81031	S PRATHIMA	✓
46	19CS71013	S R CHAKRAVARTHI	✓
47	19CS71009	SANU JAMES SAJI	✓
48	19CS71010	SAYOOJ N K	✓
49	19CS81032	SEN G PADIYARA	✓
50	19CS81033	SHAFAYATHULLA KHAN	✓
51	19CS81036	SHIWANI KUMARI	✓
52	19CS71011	STEPHEN A	✓
53	19CS81037	SWAPNIL KUMBAR	✓
54	19CS71012	TREESA LAURENCE	✓




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DEPARTMENT OF COMPUTER SCIENCE (PG)

Life Skill education Programme for MCA Students

Participation Certificate

This is to certify that **ASHWINI G (19CS81038)** has participated in the **Life Skill education Programme for MCA Students** organized by the **Department of Computer Science (PG)**, Kristu Jayanti College (Autonomous), Bengaluru from **20-08-2019 to 21-08-2019**.

Dr. Jonas Richard A

Coordinator

Fr. Josekutty PD

Principal



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DEPARTMENT OF ENGLISH (PG)

PRESENTS

The Rhythm of Life: Notional and Notational Connotations

Dr. EMMANUEL JEBARAJAN

Professor of Mathematics



SEPTEMBER 13, 2019

TIME: 2:30 PM- 3:45 PM

ADMIN. BLOCK - ROOM B 503

Activate W

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DEPARTMENT OF ENGLISH (PG)

WORKSHOP ON

THE RHYTHM OF LIFE: NOTIONAL AND NOTATIONAL CONNOTATIONS

Class and beneficiaries: I and II MA English Literature, 44 students

Date: 13.09. 2019

Objective: To familiarize students with the Notional and Notational Connotations.

Resource person: Dr. Emmanuel Jebarajan

Brief write up:

The PG Department of English held an interactive session as an exposure on the basis of life writing hour. The title was - The Rhythm of Life: Notional and Notational Connotations. The discussion was headed by Dr. Emmanuel Jebarajan, retired professor in Mathematics, American College.

The interactive session started off in a jovial mode. Dr. Emmanuel surprised the students with his juggling skills and also provided a outline on the mathematical concept behind the art of juggling. He stated how simple juggling involved elements of parabolas, gravity etc. Dr. Jebarajan threw light on how mathematics wasn't limited to numbers, equations, and computations while it was about understanding. Quoting Galileo "Mathematics is the language in which God has written the universe". He added how the beauty of mathematics lies in calculation, application and inspiration. Also, mathematical thinking was essential in sharpening minds.

The talk covered an interesting set of topics that revolved around mathematics in our day to day life and in nature around us. He put forward the example of the Palindrome week and the value of π . Adding how they carried immense beauty and mystery both despite being simple patterned numbers. Being an expert in music, Dr. Jebarajan took on the stage and showcased his talent in playing flute. He played the Ode to Joy by Beethoven and later explained the Math behind the rhythm and vibration that lead the blind man compose this masterpiece. He also shared an insight into famous Indian Mathematician Ramanujan and his famous formula for π which serves as a bench mark to find Computer speed to this very day. This highlights the importance of mathematical formulas in technology.

Dr. Emmanuel talked on Fibonacci sequence, Chaos Theory, Golden Ratio and Logarithmic Spirals- the very fundamental theories that show how mathematics co-exist in nature. All these

substantially add up to the laws of nature. They revolutionise the idea of universe with respect to study of geometry of nature - Recursive law. "Mathematics is in its own way, is the poetry of logical ideas" stated Emmanuel Sir as he concluded his talk.



Dr. Emmanuel providing an insight into the art of juggling



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DEPARTMENT OF ENGLISH (PG)

Workshop on the Rhythm of Life: Notional and Notational Connotations

Date: 13.09. 2019

List of Students

Sl. No	Registration Number	Full Name	Attendance
1	19HU81003	AISHWARAYA B	✓
2	18HU81001	AISHWARYA M	✓
3	19HU81028	ALAN SEBASTIAN SAJU	✓
4	19HU81001	ALKA GOPI	✓
5	18HU81002	AMAL PAUL MICHAEL	✓
6	19HU81002	ANAGHA SREENIVAS	✓
7	18HU81003	ANISHA A	✓
8	18HU81028	ANSEN VARGHESE	✓
9	19HU81004	AROLIN VARGHESE	✓
10	18HU81004	BENDANGRENLA LONGKUMER	✓
11	19HU81005	BINCY THOMAS	✓
12	18HU81005	CALVIN T F	✓
13	18HU81006	DAPHILABET KHRIAM	✓
14	19HU81030	DOLLY CRESSIDA BONJOUR	✓
15	18HU81026	ESTHER JAYAKUMAR	✓
16	19HU81006	HANNA MARIAM BENNY	✓
17	19HU81007	HELMEN BARARI Y	✓
18	19HU81008	HRIISIIO K	✓
19	19HU81009	IRENE SAMUEL	✓
20	19HU81010	JEEVA THERESA JOSE	✓
21	19HU81011	JISHA JASMIN TIGGA	✓
22	18HU81008	JYOTHIS KOSHY THOMAS	✓
23	19HU81012	KEZIAH GRACE SHIBU	✓
24	19HU81013	KHEPUNII KYAPAOMAI	✓
25	18HU81009	LALITHA BISHT	✓
26	19HU81014	LALKENNY VAIPHEI	✓
27	18HU81029	LALRUATPUII F	✓
28	18HU81011	MADHUVANTHY S	✓
29	18HU81012	MAREENA A S	✓
30	18HU81013	MARIA SUPRIYA G	✓
31	19HU81029	MARY SANDHYA S	✓
32	19HU81015	MINNU JOSE	✓

Sl. No	Registration Number	Full Name	Attendance
33	19HU81016	N PRABHANJAN	✓
34	18HU81015	NANDAKISHORE T S	✓
35	18HU81016	NG PUNG DILA ESTER	✓
36	19HU81017	NIKHITHA RACHEL	✓
37	18HU81017	NIKHITHA M CHINTA	✓
38	18HU81018	NISSI MARY THOMAS	✓
39	18HU81019	PRINCY JOHN	✓
40	19HU81018	PRIYANKA LAWRENCE	✓
41	18HU81020	RAGI SEBASTIAN	✓
42	18HU81027	REM RUATI V L	✓
43	19HU81019	RIYA MERIN	✓
44	19HU81020	ROHITH SAJI	✓



Head of the Department




PRINCIPAL

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Bengaluru - 560077



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DEPARTMENT OF ENGLISH

Workshop on 'The Rhythm of Life: Notional and Notational Connotations'

Participation Certificate

This is to certify that **HELMEN BARARI Y (19HU81007)** has participated in the **Workshop on 'The Rhythm of Life: Notional and Notational Connotations'** organized by the **Department of English**, Kristu Jayanti College (Autonomous), Bengaluru on **13-09-2019**.

Dr. Gopakumar. AV
Dean, Faculty of Humanities

Fr. Josekutty PD
Principal



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DEPARTMENT OF PSYCHOLOGY

CIRCULAR

A workshop on **PRANIC HEALING** is scheduled on 3rd December 2019. The timing for the workshop will be from 9 a.m. to 12p.m. For queries kindly contact Dr. Molly Joy.

Dr. Molly Joy
Head, Department of Psychology
Date: 01-12-2019

Copy to

- 1) Principal
- 2) Dean, Faculty of Humanities



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Bengaluru - 560077



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DEPARTMENT OF PSYCHOLOGY

WORKSHOP ON PRANIC HEALING

Date: 03/12/2019

No. of Beneficiaries: 165 students from 1st and 2nd year M.Sc. Psychology and Psychological Counselling.

Resource Person: Wing Commander Krishnan Thampi Subhash

Brief write-up: The session initially began with a super brain exercise which can be done for children above six years and also for adults. The lecture was about Bioplasmic Energy, which is a complex structure that penetrates and surrounds the physical body, both internally and externally was taken by the resource person. Dr. Paul Niger discussed the principal of the ear acupuncture in which the human ear was compared to the shape of the inverted baby in the womb of the mother. Pressing of the lobe of the ear leads to the activation of the brain as the lobe part denotes the head of the person. He also spoke about rhythmic yogic breathing, also known as abdominal breathing exercise, which could be done from the age group of 4 to 6 and above. It involves the sequence of inhalation retention and exhalation along with awareness. Another asana that was taught which enhances physical mental and emotional health of a person was called forgiveness Sadana. In this asana a word which is like a mantra is being chanted and the person who is to be forgiven is brought to the imagination and being stated within the mind that I am forgiving you. And also various discussion about the sources of prana, the life energy and about the Aura's were discussed. The use of Kirlian photography to detect the order of human person was also discussed.



**Wing Commander Krishnan Thampi Subhash taking the session on
Pranic Healing**



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DEPARTMENT OF PSYCHOLOGY

REPORT ON WORKSHOP ON PRANIC HEALING

Date: 3rd December, 2019

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	19PS201001	AHMED ABDULLAH ASIF	✓
2	18PS101001	AJAY SIBY	✓
3	19PS101002	AKHILA VEERAVALLI	✓
4	19PS101003	AKHILA R KRISHNA	✓
5	19PS201002	AKSHAL JOSEPHINE Y	✓
6	19PS101004	AKURATHI NAITHIKA	✓
7	19PS201004	ALNOOR BHADANI	✓
8	19PS201005	AMRUTHA JOHN	✓
9	19PS101005	ANAGHA RAJ	✓
10	18PS201002	ANANYA DASGUPTA	✓
11	19PS101006	ANANYA KASHYAP	✓
12	19PS101007	ANGEL SAJU	✓
13	18PS101002	ANGELA JOSE	✓
14	19PS201006	ANIL U S	✓
15	18PS101003	ANITTA THOMAS	✓
16	18PS101004	ANMOL ALEX	✓
17	18PS101005	ANNA GLORIA RAJU	✓
18	18PS101006	ANNU K ABRAHAM	✓
19	19PS201007	ANSA MARY SAKARIAH	✓
20	19PS101008	ANU MATHEW	✓
21	19PS201008	APARAJITA SEKHAR	✓
22	18PS201003	APARNA RACHEL PONMELETH	✓

Sl. No	Registration Number	Full Name	Attendance
23	19PS101009	ARUNDHATHI N	✓
24	19PS101010	ARYA DAS	✓
25	19PS201009	ASHIMA ARUN	✓
26	19PS101011	ASHLY THOMAS	✓
27	19PS101012	ASHLY VARGHESE	✓
28	19PS101013	ATHULYA RAJESH	✓
29	19PS101014	AYESHA FATHIMA	✓
30	18PS101007	BINCY BIJU	✓
31	18PS201004	BINCY JOSEPH	✓
32	18PS201005	BINDU MERIJA	✓
33	18PS201006	BLESSY THOMAS ANJILIMOOTIL	✓
34	19PS101015	BORGES SHERI ANNE	✓
35	18PS101008	CARDOZO ANNUSHKA LEANNE	✓
36	19PS201010	CECILIA JUANITA A	✓
37	19PS101016	CELINE GEORGE	✓
38	18PS101009	CHAITANYA BALASHANKAR	✓
39	18PS101010	CHANDRA. S	✓
40	19PS101017	CHERYL JOLLY	✓
41	19PS201011	CHUN GAN BUI A SANGMA	✓
42	18PS101012	DENEY PAUL	✓
43	18PS101013	DESTINA VARGHESE	✓
44	19PS101018	DIAS JESUINA JOAQUINA	✓
45	19PS101019	DIVITHALINI S M	✓
46	18PS101014	DIVYA RAJU	✓
47	19PS201012	DIVYA M KURIAKOSE	✓
48	18PS101015	DONA RAINSON	✓
49	18PS101016	DRISHYA THERES SHAJI	✓
50	18PS101011	D'SA ZIPHORAH KATHRYN	✓
51	19PS201013	ELIZABETH SUSAN GEORGE	✓
52	19PS101020	FERNANDES GLENDA	✓
53	19PS101021	FERNANDES RICHA RONY SARA	✓
54	19PS101022	FLENCY THANKACHAN	✓

Sl. No	Registration Number	Full Name	Attendance
55	18PS101017	FORAM SANJAY SHAH	✓
56	19PS201014	GLINDA MELONY S	✓
57	18PS201007	GLORY SHEEBA RANI T	✓
58	18PS201001	HARSHITA H PANDYA	✓
59	18PS101018	HELEN AJI	✓
60	18PS101019	HELEN SAM	✓
61	19PS101023	HEPHZIBAH SAJI JACOB	✓
62	18PS201008	ISHANI JANAK SANGHAVI	✓
63	19PS201015	JAHNAVI GUPTA	✓
64	18PS201009	JANET JAYA PRIYA S	✓
65	18PS201010	JEFFY AASHEE REJI	✓
66	19PS201016	JENNIFER KERKETTA	✓
67	18PS201011	JESLIN MATHEW	✓
68	19PS101024	JEYSI THOMAS	✓
69	19PS201017	JOEL SHAJEE	✓
70	19PS201018	JOSHMY KURUVILA	✓
71	19PS101025	JUDY ELIZABETH GEORGE	✓
72	19PS201019	JULASHA SUSAN PHILIP	✓
73	18PS101020	JULIA GRACE JACOB	✓
74	18PS201012	JUSTIN THOMAS	✓
75	19PS101026	JUSTIN SUNNY GREGOR	✓
76	18PS201013	JYOTSANA MARIAM JOSE	✓
77	18PS101040	KEDORIANUO SIRIE	✓
78	18PS101021	KEERTHANA KRISHNAN	✓
79	19PS101027	KEERTHANA M	✓
80	19PS201020	KISARA PRAVALIKA GOUD	✓
81	19PS201021	KRISHNENDU PAROL	✓
82	18PS201014	LALDINPUII ZOTE	✓
83	19PS201022	LATIKA P RAI	✓
84	19PS101028	LHING NEICHAN MATE	✓
85	18PS101023	LORAINÉ LINA PINTO	✓
86	18PS201015	LYDIA J	✓

Sl. No	Registration Number	Full Name	Attendance
87	19PS101029	MAHASWETA CHAKRABORTY	✓
88	19PS101030	MAHIMA BHARDWAJ	✓
89	18PS201016	MARIE SHARELIN S	✓
90	18PS101024	MARIYA SAMREEN	✓
91	19PS201023	MEBIN C DAS	✓
92	19PS101031	MEGHA A	✓
93	19PS101058	MEHRA ARSHAD	✓
94	19PS101032	MERIN THOMAS	✓
95	18PS101025	MICHELLE JOHNSON	✓
96	19PS101033	MINU BHARATHI D	✓
97	19PS101034	MIRANTA MARIA JOSE	✓
98	18PS101039	MRIGANKA MANDAL	✓
99	18PS201028	MUNSHINA K	✓
100	18PS101026	NAMITHA MANOJ	✓
101	19PS201024	NEHA ANANTH	✓
102	18PS101027	NEHA JIMMY	✓
103	19PS201025	NEHA SETHIA	✓
104	18PS201017	NIHARIKA SPENCER	✓
105	19PS201026	NISHITHA NAIR P K	✓
106	18PS201018	NITHIN S P	✓
107	19PS201027	NITHIN T MATHEW	✓
108	19PS101035	NOCHILU CURHA	✓
109	18PS201019	PEARL THOMAS	✓
110	19PS101036	PEREIRA JENICA	✓
111	18PS201020	POORNIMA D	✓
112	19PS101038	POTTA DEMO	✓
113	18PS201021	PRAISE EVANGELINE S	✓
114	19PS101037	PRASHANSA KHAWAS	✓
115	18PS101029	PRIYANKA JASWAL	✓
116	18PS201022	PRIYANKA PRASAD	✓
117	19PS101038	RAMAVATU AYUSHI NAIK	✓
118	19PS101039	RASHMITA MAZUMDER	✓

Sl. No	Registration Number	Full Name	Attendance
119	19PS101040	RAZIA BAKTOO	✓
120	19PS201028	REENA S ZACHARIA	✓
121	18PS101030	RHEA MAHIMA ABRAHAM	✓
122	18PS101031	RITHIKA A	✓
123	19PS201029	RIVORA SEBASTIAN	✓
124	19PS201030	ROHINI S KARKI	✓
125	19PS101041	RUHUMA SUSAN KURUVILLA	✓
126	19PS201031	RUSHALI SINGH	✓
127	19PS101059	RUTH JOSEPHINE D JAMES	✓
128	18PS201023	SADAF NAAZ DAFEDAR	✓
129	19PS201032	SAIRA JOHN	✓
130	18PS101032	SAJNA SAJAN	✓
131	19PS201033	SALABHA SAJAN	✓
132	18PS201029	SAM JO VARGHESE	✓
133	19PS101001	SAMANT ANTARA ALIAS SALONI ANANT	✓
134	18PS201024	SAMSON M	✓
135	19PS101042	SAMYUKTHA N REDDY	✓
136	19PS101043	SANDRA SUSAN GEORGE	✓
137	19PS201034	SASI KIRAN P	✓
138	19PS101060	SAVITHRI K BHATTATHIRIPPAD	✓
139	19PS201035	SERHOZO RHAKHO	✓
140	19PS101044	SHARATH M	✓
141	19PS201036	SHILONI S	✓
142	19PS101045	SHILPA DAS	✓
143	19PS101046	SHILPA RAJENDRAKUMAR	✓
144	19PS101047	SHIYONA PAULSON	✓
145	19PS201037	SHREELAKSHMI G S	✓
146	19PS101048	SHREYA BATRA	✓
147	19PS101049	SHREYA GHOSH	✓
148	18PS101033	SHRIVIDYA S	✓
149	19PS101050	SHRUTHI RAMESH	✓
150	18PS101034	SHWETA ANN NEBU	✓

Sl. No	Registration Number	Full Name	Attendance
151	18PS101035	SIMI S SAJU	✓
152	18PS101036	SONALI NAMBIAR	✓
153	19PS101051	SONIA GHOLAP	✓
154	19PS101052	SORATHIYA JASMINE	✓
155	19PS201038	SOUMYA MURALI	✓
156	19PS201039	SREELEKSHMI S	✓
157	19PS201040	SRI DHEETCHITHA S	✓
158	18PS201025	SUNAINA .	✓
159	18PS201026	SURYA PRAKASH	✓
160	19PS201041	TANUSHREE K S	✓
161	18PS101037	TINTU MARIAM CHERIAN	✓
162	19PS101053	VAISHALI PANCHOLI	✓
163	18PS201027	VAISHNAVI JAYAKRISHNAN V K	✓
164	19PS101054	VANDITA VEMPATI	✓
165	19PS101055	VERONICA D	✓

Head of the Department



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DEPARTMENT OF PSYCHOLOGY

Workshop on Pranic Healing

Participation Certificate

This is to certify that **DONA RAINSON (18PS101015)** has participated in the **Workshop on Pranic Healing** organized by the **Department of Psychology, Kristu Jayanti College (Autonomous), Bengaluru** on **03-12-2019**.

Dr. Molly Joy

Head, Department of Psychology

Fr. Josekutty PD

Principal



Kristu Jayanti College

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DEPARTMENT OF PSYCHOLOGY

CIRCULAR

A workshop on “Thinking Systematically” has been scheduled on 18th February 2019. The timing for the workshop will be from 9 a.m. to 12p.m. All students have to attend the workshop.

For queries kindly contact Dr. Molly Joy.

Date: 15-02-2020

Head, Department of Psychology

Copy to

- 1) Principal
- 2) Dean, Faculty of Humanities



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DEPARTMENT OF PSYCHOLOGY FAMILY THERAPY WORKSHOP

On

THINKING SYSTEMATICALLY

Date: 18/02/2020

No. of Beneficiaries: IV Semester PG classes of Psychology and Counselling Psychology

Resource Person: Dr. Ashlesha Bagadia, Consultant Psychiatrist, The Green Oak Initiative, Bangalore.

Brief write-up:

The Dept. of Psychology organized a family therapy workshop on Thinking Systematically by Dr. Ashlesha Bagadia, Psychiatrist. The workshop was held at Conference hall 2, PG block, Kristu Jayanti College. The beneficiaries of the workshop included 2nd M.Sc. Psychological Counselling and M.Sc. Psychology students.

The session commenced by giving the meaning and the need of therapies in day to day life. Dr. Bagadia gave an orientation on Strategic Family therapy, Structural Family Therapy, Functional Family Therapy and Systems theory which is used during the therapy sessions. With various case examples, she presented a vivid idea about the topics. Dr. Bagadia was very enthusiastic and cheerfully delivered her presentation with much clarity, which enabled the students to get a good understanding of the different therapies. She also took case examples from the students as they had practical exposure from our internship.

The students were able to have an overall idea of Strategic Family therapy, Structural Family Therapy, Functional Family Therapy and Systems theory and understand its applications in professional settings.



Dr. Ashlesha Bagadia addressing the students during the Family Therapy Workshop



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DEPARTMENT OF PSYCHOLOGY

Workshop on Family Therapy

Date: 18-02-2020

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	19PS21001	AHMED ABDULLAH ASIF	✓
2	19PS11002	AKHILA VEERAVALLI	✓
3	19PS11003	AKHILA R KRISHNA	✓
4	19PS21002	AKSHAL JOSEPHINE Y	✓
5	19PS11004	AKURATHI NAITHIKA	✓
6	19PS21004	ALNOOR BHAIANI	✓
7	19PS21005	AMRUTHA JOHN	✓
8	19PS11005	ANAGHA RAJ	✓
9	19PS11006	ANANYA KASHYAP	✓
10	19PS11007	ANGEL SAJU	✓
11	19PS21006	ANIL U S	✓
12	19PS21007	ANSA MARY SAKARIAH	✓
13	19PS11008	ANU MATHEW	✓
14	19PS21008	APARAJITA SEKHAR	✓
15	19PS11009	ARUNDHATHI N	✓
16	19PS11010	ARYA DAS	✓
17	19PS21009	ASHIMA ARUN	✓
18	19PS11011	ASHLY THOMAS	✓
19	19PS11012	ASHLY VARGHESE	✓
20	19PS11013	ATHULYA RAJESH	✓
21	19PS11014	AYESHA FATHIMA	✓
22	19PS11015	BORGES SHERI ANNE	✓
23	19PS21010	CECILIA JUANITA A	✓
24	19PS11016	CELINE GEORGE	✓
25	19PS11017	CHERYL JOLLY	✓
26	19PS21011	CHUN GAN BUI A SANGMA	✓
27	19PS11018	DIAS JESUINA JOAQUINA	✓
28	19PS11019	DIVITHALINI S M	✓
29	19PS21012	DIVYA M KURIAKOSE	✓
30	19PS21013	ELIZABETH SUSAN GEORGE	✓

Sl. No	Registration Number	Full Name	Attendance
31	19PS11020	FERNANDES GLENDA	✓
32	19PS11021	FERNANDES RICHA RONY SARA	✓
33	19PS11022	FLENCY THANKACHAN	✓
34	19PS21014	GLINDA MELONY S	✓
35	19PS11023	HEPHZIBAH SAJI JACOB	✓
36	19PS21015	JAHNAVI GUPTA	✓
37	19PS21016	JENNIFER KERKETTA	✓
38	19PS11024	JEYSI THOMAS	✓
39	19PS21017	JOEL SHAJEE	✓
40	19PS21018	JOSHMY KURUVILA	✓
41	19PS11025	JUDY ELIZABETH GEORGE	✓
42	19PS21019	JULASHA SUSAN PHILIP	✓
43	19PS11026	JUSTIN SUNNY GREEGOR	✓
44	19PS11027	KEERTHANA M	✓
45	19PS21020	KISARA PRAVALIKA GOUD	✓
46	19PS21021	KRISHNENDU PAROL	✓
47	19PS21022	LATIKA P RAI	✓
48	19PS11028	LHING NEICHAN MATE	✓
49	19PS11029	MAHASWETA CHAKRABORTY	✓
50	19PS11030	MAHIMA BHARDWAJ	✓
51	19PS21023	MEBIN C DAS	✓
52	19PS11031	MEGHA A	✓
53	19PS11058	MEHRA ARSHAD	✓
54	19PS11032	MERIN THOMAS	✓
55	19PS11033	MINU BHARATHI D	✓
56	19PS11034	MIRANTA MARIA JOSE	✓
57	19PS21024	NEHA ANANTH	✓
58	19PS21025	NEHA SETHIA	✓
59	19PS21026	NISHITHA NAIR P K	✓
60	19PS21027	NITHIN T MATHEW	✓
61	19PS11035	NOCHILU CURHA	✓
62	19PS11036	PEREIRA JENICA	✓
63	19PS11038	POTTA DEMO	✓
64	19PS11037	PRASHANSA KHAWAS	✓
65	19PS11038	RAMAVATU AYUSHI NAIK	✓
66	19PS11039	RASHMITA MAZUMDER	✓
67	19PS11040	RAZIA BAKTOO	✓
68	19PS21028	REENA S ZACHARIA	✓
69	19PS21029	RIVORA SEBASTIAN	✓
70	19PS21030	ROHINI S KARKI	✓

Sl. No	Registration Number	Full Name	Attendance
71	19PS11041	RUHUMA SUSAN KURUVILLA	✓
72	19PS21031	RUSHALI SINGH	✓
73	19PS11059	RUTH JOSEPHINE D JAMES	✓
74	19PS21032	SAIRA JOHN	✓
75	19PS21033	SALABHA SAJAN	✓
76	19PS11001	SAMANT ANTARA ALIAS SALONI	✓
77	19PS11042	SAMYUKTHA N REDDY	✓
78	19PS11043	SANDRA SUSAN GEORGE	✓
79	19PS21034	SASI KIRAN P	✓
80	19PS11060	SAVITHRI K BHATTATHIRIPPAD	✓
81	19PS21035	SERHOZO RHAKHO	✓
82	19PS11044	SHARATH M	✓
83	19PS21036	SHILONI S	✓
84	19PS11045	SHILPA DAS	✓
85	19PS11046	SHILPA RAJENDRAKUMAR	✓
86	19PS11047	SHIYONA PAULSON	✓
87	19PS21037	SHREELAKSHMI G S	✓
88	19PS11048	SHREYA BATRA	✓
89	19PS11049	SHREYA GHOSH	✓
90	19PS11050	SHRUTHI RAMESH	✓
91	19PS11051	SONIA GHOLAP	✓
92	19PS11052	SORATHIYA JASMINE	✓
93	19PS21038	SOUMYA MURALI	✓
94	19PS21039	SREELEKSHMI S	✓
95	19PS21040	SRI DHEETCHITHA S	✓
96	19PS21041	TANUSHREE K S	✓
97	19PS11053	VAISHALI PANCHOLI	✓
98	19PS11054	VANDITA VEMPATI	✓
99	19PS11055	VERONICA D	✓
100	19PS21042	VIJITH VARGHESE	✓
101	19PS11056	VINDUJA VARGHESE	✓
102	19PS21043	VIPPARTHI PRATHYUSHA	✓
103	19PS11057	YUVALAKSHMI R	✓

Head of the Department



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DEPARTMENT OF PSYCHOLOGY

Family Therapy Workshop on Thinking Systematically

Participation Certificate

This is to certify that **BORGES SHERI ANNE (19PS11015)** has participated in the **Family Therapy Workshop on Thinking Systematically** organized by the **Department of Psychology**, Kristu Jayanti College (Autonomous), Bengaluru on **18-02-2020**.

Dr. Molly Joy

Head, Department of Psychology

Fr. Josekutty PD

Principal



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School of Management

INTERNATIONAL YOGA DAY

June 21, 2019

Prof. Vikraanth Bapu

Assistant Professor

Department of Psychology

Kristu Jayanti College

Mini Auditorium | 11:00 a.m





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SCHOOL OF MANAGEMENT

International Yoga Day Celebration

Date: 21-06-2019

Classes attended and number of students: I Year MBA section A & B - 109

Name and details of the resources person: Mr. Vikraanth Bapu, Assistant Professor,
Department of Psychology.

Brief write up on the programme:

A unified decision was taken in the UN assembly to celebrate June 21st of every year as International Yoga day in September, 2014. Since then, Yoga has gained much popularity compared to its early days. Kristu Jayanti School of Management celebrated this day by conducting a session on Yoga for the MBA students. Mr. Vikraanth Bapu, Assistant Professor, Department of Psychology, Kristu Jayanti College was the resource person for the session. Mr. Vikraanth is a certified Yoga instructor and has been a practitioner for many years.

Mr. Vikraanth gave the students a talk on the various health benefits of Yoga in the long run and also stressed the importance and relevance of Yoga for people of all ages. He also emphasized the importance of practicing Yoga on a daily basis in this stressful work environment created by the business world. The talk ended with an interactive Q & A session.

Mr. Vikraanth also engaged and trained the budding managers in practicing yoga. Leading the students from the front on stage Mr. Vikraanth demonstrated Tadasana, ArdhakatiChakrasana and Nadi Shudhi.

Photo:



Students during the Yoga Session



Mr. Vigraanth demonstrating Yoga during the session



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DEPARTMENT OF PSYCHOLOGY

International Yoga Day

Workplace wellness through the practice of yoga

Date: 21st June 2019

List of Participants

Sl. No	Registration Number	Full Name	Attendance
1	19LS1K1045	AASRIITHA .	✓
2	19LS1A1002	ABHISHEK SUNIL	✓
3	19LS2A1027	ADARSH V	✓
4	19CS4H1036	AFNAN V N	✓
5	19LS1H1026	AISHWARYA R	✓
6	19CS3A1001	AKASH S	✓
7	19LS1A1003	AKIL MURALI P .	✓
8	19LS1H1027	AKSA MARIYAM CHACKO	✓
9	19LS2A1001	ALISHA MARY THOMAS	✓
10	19LS4A1001	ALLEN JOLLY	✓
11	19LS1H1028	AMALA MINT	✓
12	19CS3A1002	AMIL PRAKASH	✓
13	19LS1H1029	ANAGHA ANOOP	✓

Sl. No	Registration Number	Full Name	Attendance
14	19LS1A1004	ANANTHU VINU	✓
15	19LS1A1005	ANGELA SAJI	✓
16	19CS3H1031	ANISH NAIR	✓
17	19LS2H1041	ANITHA G	✓
18	19LS2A1002	ANNA BENITTA	✓
19	19LS2A1003	ANTO MARTIN	✓
20	19CS4A1001	ANU SREE BABURAJ	✓
21	19LS1H1030	ANUJA P V	✓
22	19LS4K1017	ANUSREE V A	✓
23	19CS4A1035	APOORVA R NAIR	✓
24	19CS3H1017	ARUN G K	✓
25	19LS1A1006	ARYA NAIR	✓
26	19CS4K1030	ASHA N	✓
27	19LS2A1004	ASHLEY ELSA JOSELY	✓
28	19CS4A1002	ATHUL SAJEEV	✓
29	19CS3A1032	AUSTIN BOBEN	✓
30	19LS1H1031	AVANTHIKA KURUP	✓
31	19LS2A1005	AVINASH SEKHAR	✓
32	19LS1A1016	AZZA RANIYA	✓
33	19LS4A1012	B M CHAITANYA RAI	✓

Sl. No	Registration Number	Full Name	Attendance
34	19CS3K1022	BHAVANI M	✓
35	19LS1K1046	BHAVYA T R	✓
36	19LS2A1047	BIJIVEMULA SRENUVASULU REDDY	✓
37	19CS3K1023	BINDU S	✓
38	19LS1A1007	BLESSON VARGHESE	✓
39	19LS2A1006	CAROLYN JENNIFER A	✓
40	19LS2A1007	CAROLYN MARIYA GEORGE	✓
41	19CS4A1003	CEYOUL JOSEPH KARIATY	✓
42	19LS1K1047	CHANDANA S V	✓
43	19CS3H1018	CHARAN RAM K	✓
44	19CS3A1003	CHENCHU ANIL KUMAR	✓
45	19LS1A1008	CHRIS MELVINA M	✓
46	19CS4A1004	CHRISTIN P MATHEW	✓
47	19LS1A1009	CHRISTINA ROSE GEORGE	✓
48	19LS4A1016	DAHUNLANGKI SWER	✓
49	19CS3H1033	DANIEL PENIEL JEBA RUEBEN RAMESH	✓
50	19LS1K1048	DEEPA R	✓
51	19LS4H1005	DEVAYANI B PANDEY	✓
52	19LS2H1037	DEVI VAISHNAVI V	✓
53	19LS1H1032	DIPIKA V	✓

Sl. No	Registration Number	Full Name	Attendance
54	19CS3A1004	ELIYASAHMED B	✓
55	19CS4A1005	EMMANUVEL CHRISTIN	✓
56	19LS4K1008	GAGAN VARSH M	✓
57	19CS4H1019	GEORGIA D	✓
58	19CS4H1020	GHOUSIYA ABBAS	✓
59	19LS1A1010	GIMAYA GILBERT	✓
60	19LS1A1011	GUVVALA VAIBHAV SAI	✓
61	19LS1A1012	GYAN PRAKASH	✓
62	19CS3A1005	HARIKARTHIK K	✓
63	19LS4K1009	HARISH K	✓
64	19LS1H1033	HARSHITHA S P	✓
65	19CS3A1006	HEMANTH KUMAR NAIDU KUNAPURI	✓
66	19LS1A1013	JACKSON JOHN A	✓
67	19CS4H1021	JANANI D	✓
68	19CS4H1022	JANANI N	✓
69	19CS3A1007	JEBETH JAYMO SOLOMON JASON	✓
70	19LS1A1014	JERIN RAJU VARGHESE	✓
71	19CS4A1006	JIBIN JOSEPH	✓
72	19LS2A1008	JISSA SUNNY	✓
73	19LS2H1019	JOHAR AFREEN I	✓

Sl. No	Registration Number	Full Name	Attendance
74	19LS1A1015	JOSEPH BIJU	✓
75	19CS3K1024	JOYAL SARKI J	✓
76	19LS2H1049	JUHI JAYAN	✓
77	19LS4H1006	JYOLSNA MATHEW	✓
78	19LS1K1049	JYOTHI N N	✓
79	19LS2A1046	KAMBADURU SAI LAHARI	✓
80	19CS4H1023	KARAN AGRAWAL B	✓
81	19CS4H1024	KEERTHANA K	✓
82	19CS4H1025	KEERTHIKA K	✓
83	19CS3A1008	KEERTHIKA S	✓
84	19LS1H1034	KEZIA ABIGAIL L	✓
85	19LS2K1036	KRITHIKA JANATE A	✓
86	19LS4A1010	KUCHARLAPATI HARSHITHA BHAVANI	✓
87	19LS1A1060	LALRAMTHARI	✓
88	19LS1K1050	LAVANYA B C	✓
89	19LS2H1020	LAXMI DEVI K K	✓
90	19LS4H1011	LIBIN V JOSEPH	✓
91	19CS3K1025	LIKHITHA D	✓
92	19LS2H1038	M N ABHISHEK ANANTH KUMAR	✓
93	19LS2H1042	MADHESH NETAJI	✓

Sl. No	Registration Number	Full Name	Attendance
94	19LS2H1021	MANSI SHAMRAO SUKHADEVE	✓
95	19LS2K1043	MARIA RINCY B	✓
96	19LS1A1017	MARYANNE VARGHESE	✓
97	19LS1A1018	MEGAN TIA CARNEIRO	✓
98	19LS1A1019	MEGHA MARIAM MATHEW	✓
99	19LS2A1045	MEKALA LAKSMI KANTH	✓
100	19CS4A1007	MELBIN JOSEPH	✓
101	19LS4A1014	MELODIA MARY REJI	✓
102	19LS1A1020	MOHAMMAD YOONUS KHAN	✓
103	19CS4H1026	MOHAMMED AFFAN GHANI M	✓
104	19LS1K1051	MONISHA K	✓
105	19CS3K1026	NAMRATHA VASU	✓
106	19LS1A1021	NANDHINI M	✓
107	19LS1K1052	NANDINI M	✓
108	19CS3A1009	NARMATHA P	✓
109	19CS3K1027	NAVEEN RAJ D	✓




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DEPARTMENT OF MASS COMMUNICATION AND JOURNALISM

Yoga Session-International Yoga Day Celebration

Participation Certificate

This is to certify that **ABBAS A (18HU901001)** has participated in the **Yoga Session-International Yoga Day Celebration** organized by the **Department Of Mass Communication And Journalism**, Kristu Jayanti College (Autonomous), Bengaluru on **21-06-2019**.

Dr. Gopakumar. AV
Dean, Faculty of Humanities

Fr. Josekutty PD
Principal