



ARPUTHA COLLEGE OF ARTS & SCIENCE

(Affiliated to Bharathidasan University)

Arputha Nagar, Vamban - 622 303. Alangudi (T.k), Pudukkottai (Dt)

www.arputhacollege.in

Date : 10.09.2018

Circular

The IQAC of our college has arranged a programme under the soft skill development course on the topic “Nutrition and Yoga.” The date of the session will be on 12.09.2018. The resource person will be Mr. Anandharaj DIET, Pudukkottai. Students are asked to attend and make use of the session fruitful.




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VAMBAN - 622 303



ARPUTHA COLLEGE OF ARTS AND SCIENCE - VAMBAN

(Affiliated to Bharathidasan University - Tiruchirappalli)

Pudukkottai-622303

Nutrition and Yoga

2018-2019

"Nutrition and Yoga" the topic was suggested by our IQAC of our institution. The resource person was Mr. Anandharaj Assit. Prof of DIET Pudukkottai. Nearly 84 Alumni Student's were participated in the session & enjoy the benefits the food to be taken before & after yoga and the food item to be avoided before and after yoga were indicated by our resource person. He also pouted out that yoga improves health and reduce s medication. Nuts, meat, diary, eggs have protein in good amounts. He also told diet is an integral part as yoga while addressing. The resource person has also addressed from the origin of yoga its objective and benefits. Seminar date will be on 12.09.2018.



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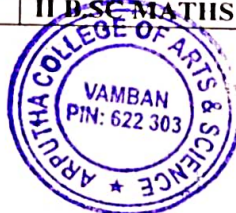
Pudukkottai-622303

Nutrition and Yoga

2018-2019

Name List

S.No	Name of the list	Department	Signature
1.	PRESSILLASYOW G	III B.SC PHYSICS	G. Pressillasyow
2.	RANJANI V	III B.SC PHYSICS	V. Ranjani
3.	SATHYA P	III B.SC PHYSICS	P. Sathya
4.	THAVAMANI A	III B.SC PHYSICS	A. Thavamani
5.	DIVYA C	II B.SC PHYSICS	C. Divya
6.	MELIN JENIFER A	II B.SC PHYSICS	A. Melin Jenifer
7.	PAVITHRA P	II B.SC PHYSICS	P. Pavithra
8.	SABITHA A	II B.SC PHYSICS	A. Sabitha
9.	SNEKA A	II B.SC PHYSICS	A. Sneka
10.	BELLARMEN T	III B.SC PHYSICS	T. Bellarmen
11.	PREETHA L	III B.SC PHYSICS	L. Preetha
12.	PRIYA NANTHINI M	III B.SC PHYSICS	M. Priya Nanthini
13.	RAMESHWARI M	III B.SC PHYSICS	M. Rameshwari
14.	RAMYA M	II B.SC PHYSICS	M. Ramya
15.	SARANYA R	III B.SC PHYSICS	R. Saranya
16.	ANUSIYA K	II B.SC PHYSICS	K. Anusiya
17.	NANDHINI P	II B.SC PHYSICS	P. Nandhini
18.	SHARMILA S	II B.SC PHYSICS	S. Sharmila
19.	DEVADHARSHINI M	I B.SC PHYSICS	M. Devadharshini
20.	PUGAZHARASI M	I B.SC PHYSICS	M. Pugazharasi
21.	SUGANA N	I B.SC PHYSICS	N. Sugana
22.	AROKIYA PETRISIYA A	II B.COM	A. Arokiya Petrisiya
23.	KAMALI S	II B.COM	S. Kamali
24.	NANDHINI G	II B.COM	G. Nandhini
25.	PRADEEGA L	II B.COM	L. Pradeega
26.	JENSIYA B	I B.COM	B. Jensiya
27.	LAKSHMI N	I B.COM	N. Lakshmi
28.	MARIKANNU V	I B.COM	V. Marikanu
29.	SAIYED KHATHIYA A	I B.COM	A. Saiyed Khathiya
30.	SARANYA R	I B.COM	R. Saranya
31.	SOUNDARYA S	I B.COM	S. Soundarya
32.	DEEPA P	I B.SC MATHS	P. Deepa
33.	ELAMATHI G	I B.SC MATHS	G. Elamathi
34.	MAHALAKSHMI B	I B.SC MATHS	B. Mahalakshmi
35.	SNEKA J	I B.SC MATHS	J. Sneka
36.	SUGANYA S	I B.SC MATHS	S. Suganya
37.	VIMAL RUSELIN JENIFER B	I B.SC MATHS	B. Vimal Ruselin Jenifer
38.	ABIRAMI R	II B.SC MATHS	R. Abirami
39.	DEEPA K	II B.SC MATHS	K. Deepa



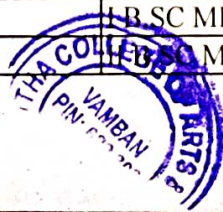
40.	JAMUNA P	II B.SC MATHS	P. Jadhava
41.	NISHA K	II B.SC MATHS	K. Nisha
42.	SANGEETHA R	II B.SC MATHS	P. Sangeetha
43.	AROCKIYA JANCY K	II M.SC MATHS	K. Arockiya
44.	GAYATHRI P	II M.SC MATHS	P. Gayathri
45.	PAVITHRA S	II M.SC MATHS	S. Pavithra
46.	SATHYA M	II M.SC MATHS	M. Sathya
47.	AARTHI K	I B.SC MICROBIOLOGY	K. Arthi
48.	ANITHA R	I B.SC MICROBIOLOGY	R. Anitha
49.	AROKIYA ABILA A	I B.SC MICROBIOLOGY	A. Arockiya
50.	BUVANESHWARI N	I B.SC MICROBIOLOGY	N. Buvaneshwari
51.	BHUVANESHWARI R	II B.SC MICROBIOLOGY	R. Bhuvaneshwari
52.	GAYATHRI M	II B.SC MICROBIOLOGY	M. Gayathri
53.	KALAIVANI J	II B.SC MICROBIOLOGY	J. Kalavani
54.	AISHWARYA R	III B.SC MICROBIOLOGY	R. Aishwarya
55.	ANUSIYA A	III B.SC MICROBIOLOGY	A. Anusiya
56.	CHITHRA P	III B.SC MICROBIOLOGY	P. Chithra
57.	DIVYA A	III B.SC MICROBIOLOGY	A. Divya
58.	KALITHASAN K	III B.SC MICROBIOLOGY	K. Kalithasan
59.	KARUNAKARAN A	III B.SC MICROBIOLOGY	A. Karunakaran
60.	KIRUBAKARAN S	III B.SC MICROBIOLOGY	S. Kirubakaran
61.	MARIYA SELCIYA R	III B.SC MICROBIOLOGY	R. Mariya Selciya
62.	MUTHU S	III B.SC MICROBIOLOGY	S. Muthu
63.	NANDHINI S	III B.SC MICROBIOLOGY	S. Nandhini
64.	RAGASUDHA R	III B.SC MICROBIOLOGY	R. Ragasudha
65.	SATHYA R	III B.SC MICROBIOLOGY	R. Sathya
66.	SUBHA A	III B.SC MICROBIOLOGY	A. Subha
67.	VIJESHWARI S	III B.SC MICROBIOLOGY	S. Vijeshwari
68.	ANTOMADONA A	III COMPUTER SCIENCE	A. Antomadona
69.	PREETHA K	III COMPUTER SCIENCE	K. Preetha
70.	RASIKA T	III COMPUTER SCIENCE	T. Rasika
71.	KASTHURI Y	II COMPUTER SCIENCE	Y. Kasthuri
72.	SNEKA R	II COMPUTER SCIENCE	R. Sneka
73.	PREMI R	II COMPUTER SCIENCE	R. Premi
74.	GOKILA M	I COMPUTER SCIENCE	M. Gokila
75.	NANDHINI N	I COMPUTER SCIENCE	N. Nandhini
76.	VAISHNAVI G	I COMPUTER SCIENCE	G. Vaishnavi
77.	YASOTHA M	I TAMIL	M. Yasotha
78.	BHAVANI S	I TAMIL	S. Bhavani
79.	DIHANALAKSHIMI N	I TAMIL	N. Dihanalakshimi
80.	HANISHA MARY K	I TAMIL	K. Hanisha Mary
81.	RAGALYA A	I TAMIL	A. Ragalya
82.	SANTHIYA D	I TAMIL	D. Santhiya
83.	VEERASUNTHARI B	I TAMIL	B. Veerasunthari
84.	YOGESHWARI M	I TAMIL	M. Yogeshwari




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NUTRITION AND YOGA

S.NO	NAME OF THE STUDENTS	DEPARTMENT	PROGRAMME DATE
1	PRESSILLASYOW G	III B.SC PHYSICS	12.09.2018
2	RANJANI V	III B.SC PHYSICS	12.09.2018
3	SATHYA P	III B.SC PHYSICS	12.09.2018
4	THAVAMANI A	III B.SC PHYSICS	12.09.2018
5	DIVYA C	II B.SC PHYSICS	12.09.2018
6	MELIN JENIFER A	II B.SC PHYSICS	12.09.2018
7	PAVITHRA P	II B.SC PHYSICS	12.09.2018
8	SABITHA A	II B.SC PHYSICS	12.09.2018
9	SNEKA A	II B.SC PHYSICS	12.09.2018
10	BELLARMEN T	III B.SC PHYSICS	12.09.2018
11	PREETHA L	III B.SC PHYSICS	12.09.2018
12	PRIYA NANTHINI M	III B.SC PHYSICS	12.09.2018
13	RAMESHWARI M	III B.SC PHYSICS	12.09.2018
14	RAMYA M	II B.SC PHYSICS	12.09.2018
15	SARANYA R	III B.SC PHYSICS	12.09.2018
16	ANUSIYA K	II B.SC PHYSICS	12.09.2018
17	NANDHINI P	II B.SC PHYSICS	12.09.2018
18	SHARMILA S	II B.SC PHYSICS	12.09.2018
19	DEVADHARSHINI M	I B.SC PHYSICS	12.09.2018
20	PUGAZHARASI M	I B.SC PHYSICS	12.09.2018
21	SUGANA N	I B.SC PHYSICS	12.09.2018
22	AROKEYA PETRISIYA A	II B.COM	12.09.2018
23	KAMALI S	II B.COM	12.09.2018
24	NANDHINI G	II B.COM	12.09.2018
25	PRADEEGA L	II B.COM	12.09.2018
26	JENSIYA B	I B.COM	12.09.2018
27	LAKSHMI N	I B.COM	12.09.2018
28	MARIKANNU V	I B.COM	12.09.2018
29	SAIYED KHATHIYA A	I B.COM	12.09.2018
30	SARANYA R	I B.COM	12.09.2018
31	SOUNDARYA S	I B.COM	12.09.2018
32	DEEPA P	I B.SC MATHS	12.09.2018
33	ELAMATHI G	I B.SC MATHS	12.09.2018
34	MAHALAKSHMI B	I B.SC MATHS	12.09.2018
35	SNEKA J	I B.SC MATHS	12.09.2018
36	SUGANYA S	I B.SC MATHS	12.09.2018
37	VIMAL RUSELIN JENIFER B	I B.SC MATHS	12.09.2018
38	ABIRAMI R	II B.SC MATHS	12.09.2018
39	DEEPA K	II B.SC MATHS	12.09.2018
40	JAMUNA P	II B.SC MATHS	12.09.2018
41	NISHA K	II B.SC MATHS	12.09.2018
42	SANGEETHA R	II B.SC MATHS	12.09.2018
43	AROCKIYA JANCY K	II M.SC MATHS	12.09.2018
44	GAYATHRI P	II M.SC MATHS	12.09.2018
45	PAVITHRA S	II M.SC MATHS	12.09.2018
46	SATHYA M	II M.SC MATHS	12.09.2018
47	AARTHI K	I B.SC MICROBIOLOGY	12.09.2018
48	ANITHA R	I B.SC MICROBIOLOGY	12.09.2018
49	AROKEYA ABILA A	I B.SC MICROBIOLOGY	12.09.2018
50	BUVANESHWARI N	I B.SC MICROBIOLOGY	12.09.2018
51	BHUVANESHWARI R	I B.SC MICROBIOLOGY	12.09.2018



52	GAYATHRI M	II B.SC MICROBIOLOGY	12.09.2018
53	KALAIVANI J	II B.SC MICROBIOLOGY	12.09.2018
54	AISHWARYA R	III B.SC MICROBIOLOGY	12.09.2018
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56	CHITHRA P	III B.SC MICROBIOLOGY	12.09.2018
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59	KARUNAKARAN A	III B.SC MICROBIOLOGY	12.09.2018
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61	MARIYA SELCIYA R	III B.SC MICROBIOLOGY	12.09.2018
62	MUTHU S	III B.SC MICROBIOLOGY	12.09.2018
63	NANDHINI S	III B.SC MICROBIOLOGY	12.09.2018
64	RAGASUDHA R	III B.SC MICROBIOLOGY	12.09.2018
65	SATHYA R	III B.SC MICROBIOLOGY	12.09.2018
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70	RASIKA T	III COMPUTER SCIENCE	12.09.2018
71	KASTHURI Y	II COMPUTER SCIENCE	12.09.2018
72	SNEKA R	II COMPUTER SCIENCE	12.09.2018
73	PREMI R	II COMPUTER SCIENCE	12.09.2018
74	GOKILA M	I COMPUTER SCIENCE	12.09.2018
75	NANDHINI N	I COMPUTER SCIENCE	12.09.2018
76	VAISHNAVI G	I COMPUTER SCIENCE	12.09.2018
77	YASOTHA M	I TAMIL	12.09.2018
78	BHAVANI S	I TAMIL	12.09.2018
79	DHANALAKSHIMI N	I TAMIL	12.09.2018
80	HANISHA MARY K	I TAMIL	12.09.2018
81	RAGALYA A	I TAMIL	12.09.2018
82	SANTHIYA D	I TAMIL	12.09.2018
83	VEERASUNTHARI B	I TAMIL	12.09.2018
84	YOGESHWARI M	I TAMIL	12.09.2018




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Certificate of Appreciation

This certificate is awarded to RANJANI · V III B.Sc. PHYSICS

for his / her participation of the NUTRITION AND YOGA

program conducted from 12-09-2018 to _____

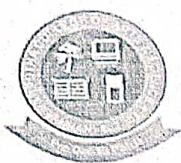

Program Coordinator

COURSE COORDINATOR
Arputha College of Arts and Science
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303.




Principal

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Certificate of Appreciation

This certificate is awarded to KAMALI S II B.COM

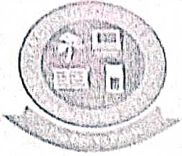
for his / her participation of the NUTRITION AND YOGA

program conducted from 12.09.2018 to

P. Chitra
Program Coordinator
COURES CO-ORDINATOR
Arputha College of Arts and Science
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303.



Dr. P. Chitra
Principal
PRINCIPAL
ARPUTHA COLLEGE OF ARTS & SCIENCE
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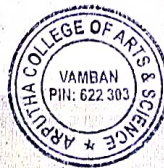
Certificate of Appreciation

This certificate is awarded to DEEPA . P I B.Sc. MATHS

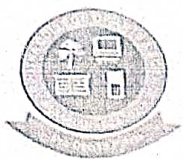
for his / her participation of the NUTRITION AND YOGA

program conducted from 12.09.2018 to

R. ch
Program Coordinator
COURES CO-ORDINATOR
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Principal
Principal
ARPUTHA COLLEGE OF ARTS & SCIENCE
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Certificate of Appreciation

This certificate is awarded to NISHA . K J B.Sc MATHS

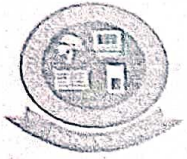
for his / her participation of the NUTRITION AND YOGA

program conducted from 12.09.2018 to

R. Chitra
Program Coordinator
COURES CO-ORDINATOR
Arputha College of Arts and Scienc.
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303.



Prasanna
Principal
ARPUTHA COLLEGE OF ARTS & SCIENCE
VAMBAN - 622 303



Arputha College of Arts and Science

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Vamban, Alangudi TK, Pudukkottai - 622 303.

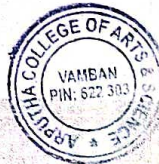
Certificate of Appreciation

This certificate is awarded to BHAVANI . S I TAMIL

for his / her participation of the NUTRITION AND YOGA

program conducted from 12. 09. 2018 to

R. Chitra
Program Coordinator
COURES CO-ORDINATOR
Arputha College of Arts and Scienc
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303.



Dr. P. K. S. S. S.
Principal
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ARPUTHA COLLEGE OF ARTS & SCIENCE
VAMBAN - 622 303



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Arputha Nagar, Vamban - 622 303, Alangudi (T.k), Pudukkottai (Dt)

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Date : 2.2.01.2018

Circular

The IQAC of our college has arranged a programme under the soft skill development course on the topic "Yoga and Health." The date of the session will be on **25.01.2018**. The resource person will be Ms.Kavitha, The yoga master of Govt Higher Secondary School Manjanviduthi. Students are asked to attend and make use of the session fruitful.



Dr. V. B. Jayala
PRINCIPAL
ARPUTHA COLLEGE OF ARTS & SCIENCE
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Pudukkottai-622303

Yoga and Health

2017-2018

YOGA AND HEALTH:

"Health is wealth" a sound mind is a sound body are some of the proverbs followed among public. Yoga is a physical posture, an exercise and meditation which improves our health. The government of India is following June 21 as yoga day. This day is properly followed by people of India from June 21, 2015 which is called international yoga day. Ms. Kavitha Yoga Master was a speaker on 25.01.2018 in which 81 students enjoyed by listening the programme. The above function was held in our auditorium under the supervision of the member of IQAC.



Yoga and Health



Dr. V. B. Jayala
PRINCIPAL
ARPUTHA COLLEGE OF ARTS & SCIENCE
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ARPUTHA COLLEGE OF ARTS AND SCIENCE - VAMBAN

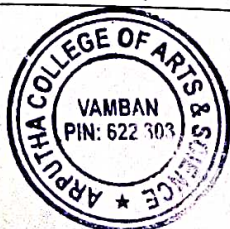
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Pudukkottai-622303

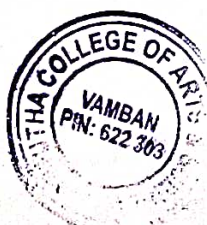
YOGA AND HEALTH

(2017-2018)

S.No	Name	Department	Signature
1	K. ABIRAMI	III BSc MATHEMATICS	Abirami.K
2	R. ARUL NITHYA	III BSc MATHEMATICS	R. Arul Nithya
3	C.DABANIYA	III BSc MATHEMATICS	C. Dabaniga
4	S. GAYATHRI	III BSc MATHEMATICS	S. Gayathri
5	K. HARINI BHARATHI	III BSc MATHEMATICS	K. Harini Bharathi
6	G. KAMATCHI	III BSc MATHEMATICS	G. Kamatchi
7	L.KOWSALYA	III BSc MATHEMATICS	L. Kowsalya
8	T. RAVALIYA	III BSc MATHEMATICS	T. Ravaluya
9	S. SELVAKUMARI	III BSc MATHEMATICS	S. Selvakumari
10	D.VINOTHINI	III BSc MATHEMATICS	D. Vinothini
11	M.DIVYA	II BBA	M. Divya
12	P.JENIFER PRIYANGA	II BBA	P. Jenifer Priyanga
13	S. SUGANTHIYA	II BBA	S. Suganthiya
14	J. SELCIA	II BBA	J. Selcia
15	D.JESIYA PRISTLY	II BBA	D. Jesiya Pristly
16	R.ABIRAMI	III B.SC(PHYSICS)	R. Abirami
17	A.BHARATHA MARY	III B.SC(PHYSICS)	A. Bharatha Mary
18	M.MUKILA	III B.SC(PHYSICS)	M. Mukila
19	K.SAGUNTHALA	III B.SC(PHYSICS)	K. Sagunthala
20	S.SATHYA	III B.SC(PHYSICS)	S. Sathya
21	M.THARANI	III B.SC(PHYSICS)	M. Tharani
22	M.VICITHRA	III B.SC(PHYSICS)	M. Vicithra
23	A.GUNAVATHI	II B.SC(PHYSICS)	A. Gunavathi
24	C.LALITHA	II B.SC(PHYSICS)	C. Lalitha
24	M.MANJU	II B.SC(PHYSICS)	M. Manju
26	V.RANJANI	II B.SC(PHYSICS)	V. Ranjani
27	P.SATHYA	II B.SC(PHYSICS)	P. Sathya
28	R.SOWMIYA	II B.SC(PHYSICS)	R. Sowmiya
29	A.THAVAMANI	II B.SC(PHYSICS)	A. Thavamani
30	A.ANUSIYA	II B.SC(MICROBIOLOGY)	A. Anusiya
31	S.DEEPA PRIYA	II B.SC(MICROBIOLOGY)	S. Deepa Priya
32	D.KANIMOZHI	II B.SC(MICROBIOLOGY)	D. Kanimozhi
33	C.NANDHINI	II B.SC(MICROBIOLOGY)	C. Nandhini
34	P.ANITHA	II B.SC(MICROBIOLOGY)	P. Anitha
35	A.DIVYA	II B.SC(MICROBIOLOGY)	A. Divya
36	R.MAHESHWARI	II B.SC(MICROBIOLOGY)	R. Maheshwari
37	K.MATHESH	II B.SC(MICROBIOLOGY)	K. Mathesh
38	R.PRASANNA	II B.SC(MICROBIOLOGY)	R. Prasanna
39	A.PRIYADHARSHINI	II B.SC(MICROBIOLOGY)	A. Priyadharshini
40	T.TAMIZHARASI	II B.SC(MICROBIOLOGY)	T. Tamizharasi
41	S.SWATHI	II B.SC(MICROBIOLOGY)	S. Swathi



42	T.KARTHIKA	III B.SC(MICROBIOLOGY)	KARTHIKA .T
43	M.MANJULA	III B.SC(MICROBIOLOGY)	MANJULA .M
44	T.SATHYABHAMA	III B.SC(MICROBIOLOGY)	SATHYABHAMA .T
45	ABINAYA.S	I B.SC(MICROBIOLOGY)	ABINAYA .S
46	DIVYA.N	I B.SC(MICROBIOLOGY)	DIVYA .N
47	R.GAYATHRI	I B.SC(MICROBIOLOGY)	GAYATHRI .R
48	J.KALAIVANI	I B.SC(MICROBIOLOGY)	KALAIVANI .J
49	S.MUTHU	I B.SC(MICROBIOLOGY)	MUTHU .S
50	P.RAMANI	I B.SC(MICROBIOLOGY)	P.RAMANI
51	K.SNEKA	I B.SC(MICROBIOLOGY)	SNEKA
52	M.ROCKIYA ANUSIYA	III B.COM	ROCKIYA ANUSIYA .M
53	I.AUXILIN NEYA	III B.COM	AUXILIN NEYA .I
54	S.JENILA	III B.COM	JENILA .S
55	M.MAKESHWARI	III B.COM	MAKESHWARI .M
56	V.SELATAROCKIYA JOTHI	III B.COM	SELATAROCKIYA JOTHI .V
57	AABINAYA K	II TAM	AABINAYA .K
58	ABIRAMI P	II TAM	ABIRAMI .P
59	AKILA M	II TAM	AKILA .M
60	ANUSIYA C	II TAM	ANUSIYA .C
61	ISHWARIYA A	II TAM	ISHWARIYA .A
62	KALARANI S	II TAM	KALARANI .S
63	NADIMUTHU S	II TAM	NADIMUTHU .S
64	SANTHOSH KUMAR	II TAM	SANTHOSH KUMAR
65	SURENDRA P	II TAM	SURENDRA .P
66	BALAKRISHNAN A	III TAM	BALAKRISHNAN .A
67	KALAIMATHI N	III TAM	KALAIMATHI .N
68	KAYALVIZHI T	III TAM	KAYALVIZHI .T
69	MAHESHWARI M	III TAM	MAHESHWARI .M
70	MAHILCHIPRASAD S	III TAM	MAHILCHIPRASAD .S
71	PRADEEPA P	III TAM	PRADEEPA .P
72	PUSHPAM K	III TAM	PUSHPAM .K
73	SELVARANI P	III TAM	SELVARANI .P
74	THARNYA P	III TAM	THARNYA .P
75	BALA MEENA P	II ENG	BALAMEENA .P
76	DEEPA N	II ENG	DEEPA .N
77	KOKILA S	II ENG	KOKILA .S
78	NIVETHA K	II ENG	NIVETHA .K
79	RAMAN P	II ENG	RAMAN .P
80	SHALINI S	II ENG	SHALINI .S



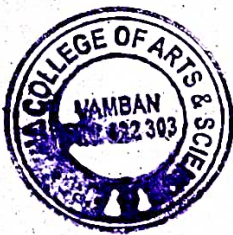

PRINCIPAL
 ARPUTHA COLLEGE OF ARTS & SCIENCES
 VAMBAN - 622 303.

YOGA AND HEALTH

S.NO	NAME OF THE STUDENTS	DEPARTMENT	PROGRAMME DATE
1	K. ABIRAMI	III BSc MATHEMATICS	25.01.2018
2	R. ARUL NITHYA	III BSc MATHEMATICS	25.01.2018
3	C.DABANIYA	III BSc MATHEMATICS	25.01.2018
4	S. GAYATHRI	III BSc MATHEMATICS	25.01.2018
5	K. HARINI BHARATHI	III BSc MATHEMATICS	25.01.2018
6	G. KAMATCHI	III BSc MATHEMATICS	25.01.2018
7	L.KOWSALYA	III BSc MATHEMATICS	25.01.2018
8	T. RAVALIYA	III BSc MATHEMATICS	25.01.2018
9	S. SELVAKUMARI	III BSc MATHEMATICS	25.01.2018
10	D.VINOTHINI	III BSc MATHEMATICS	25.01.2018
11	M.DIVYA	II BBA	25.01.2018
12	P.JENIFER PRIYANGA	II BBA	25.01.2018
13	S. SUGANTHIYA	II BBA	25.01.2018
14	J. SELCIA	II BBA	25.01.2018
15	D.JESIYA PRISTLY	II BBA	25.01.2018
16	R.ABIRAMI	III B.SC(PHYSICS)	25.01.2018
17	A.BHARATHA MARY	III B.SC(PHYSICS)	25.01.2018
18	M.MUKILA	III B.SC(PHYSICS)	25.01.2018
19	K.SAGUNTHALA	III B.SC(PHYSICS)	25.01.2018
20	S.SATHYA	III B.SC(PHYSICS)	25.01.2018
21	M.THARANI	III B.SC(PHYSICS)	25.01.2018
22	M.VICITHRA	III B.SC(PHYSICS)	25.01.2018
23	A.GUNAVATHI	II B.SC(PHYSICS)	25.01.2018
24	C.LALITHA	II B.SC(PHYSICS)	25.01.2018
25	M.MANJU	II B.SC(PHYSICS)	25.01.2018
26	V.RANJANI	II B.SC(PHYSICS)	25.01.2018
27	P.SATHYA	II B.SC(PHYSICS)	25.01.2018
28	R.SOWMIYA	II B.SC(PHYSICS)	25.01.2018
29	A.THAVAMANI	II B.SC(PHYSICS)	25.01.2018
30	A.ANUSIYA	II B.SC(MICROBIOLOGY)	25.01.2018
31	S.DEEPA PRIYA	II B.SC(MICROBIOLOGY)	25.01.2018
32	D.KANIMOZHI	II B.SC(MICROBIOLOGY)	25.01.2018
33	C.NANDHINI	II B.SC(MICROBIOLOGY)	25.01.2018
34	P.ANITHA	II B.SC(MICROBIOLOGY)	25.01.2018
35	A.DIVYA	II B.SC(MICROBIOLOGY)	25.01.2018
36	R.MAHESHWARI	II B.SC(MICROBIOLOGY)	25.01.2018
37	K.MATHESH	II B.SC(MICROBIOLOGY)	25.01.2018
38	R.PRASANNA	II B.SC(MICROBIOLOGY)	25.01.2018
39	A.PRIYADHARSHINI	II B.SC(MICROBIOLOGY)	25.01.2018
40	T.TAMIZHARASI	II B.SC(MICROBIOLOGY)	25.01.2018
41	S.SWATHI	II B.SC(MICROBIOLOGY)	25.01.2018
42	T.KARTHIKA	III B.SC(MICROBIOLOGY)	25.01.2018
43	M.MANJULA	III B.SC(MICROBIOLOGY)	25.01.2018
44	T.SATHYABHAMA	III B.SC(MICROBIOLOGY)	25.01.2018
45	ABINAYA.S	I B.SC(MICROBIOLOGY)	25.01.2018
46	DIVYA.N	I B.SC(MICROBIOLOGY)	25.01.2018
47	R.GAYATHRI	I B.SC(MICROBIOLOGY)	25.01.2018
48	J.KALAIVANI	I B.SC(MICROBIOLOGY)	25.01.2018
49	S.MUTHU	I B.SC(MICROBIOLOGY)	25.01.2018
50	P.RAMANI	I B.SC(MICROBIOLOGY)	25.01.2018
51	K.SNEKA	I B.SC(MICROBIOLOGY)	25.01.2018
52	M.AROCKIYA ANUSIYA	III B.COM	25.01.2018
53	I.AUXCILIN NEYA	III B.COM	25.01.2018
54	S.JENILA	III B.COM	25.01.2018



55	M.MAKESHWARI	III B.COM	25.01.2018
56	V.SELATAROCKIYA JOTHI	III B.COM	25.01.2018
57	AABINAYA K	II TAM	25.01.2018
58	ABIRAMI P	II TAM	25.01.2018
59	AKILA M	II TAM	25.01.2018
60	ANUSIYA C	II TAM	25.01.2018
61	ISHWARIYA A	II TAM	25.01.2018
62	KALARANI S	II TAM	25.01.2018
63	NADIMUTHU S	II TAM	25.01.2018
64	SANTHOSH KUMAR	II TAM	25.01.2018
65	SURENDRA P	II TAM	25.01.2018
66	BALAKRISHNAN A	III TAM	25.01.2018
67	KALAIMATHI N	III TAM	25.01.2018
68	KAYALVIZHI T	III TAM	25.01.2018
69	MAHESHWARI M	III TAM	25.01.2018
70	MAHILCHIPRASAD S	III TAM	25.01.2018
71	PRADEEPA P	III TAM	25.01.2018
72	PUSHPAM K	III TAM	25.01.2018
73	SELVARANI P	III TAM	25.01.2018
74	THARNYA P	III TAM	25.01.2018
75	BALA MEENA P	II ENG	25.01.2018
76	DEEPA N	II ENG	25.01.2018
77	KOKILA S	II ENG	25.01.2018
78	NIVETHA K	II ENG	25.01.2018
79	RAMAN P	II ENG	25.01.2018
80	SHALINI S	II ENG	25.01.2018




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ARPUTHA COLLEGE OF ARTS & SCIENCE

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Arputha Nagar, Vamban - 622 303. Alangudi (T.k), Pudukkottai (Dt)

www.arputhacollege.in

Date : 17.02.2018

Circular

The IQAC of our college has arranged a programme under the soft skill development course on the topic "Meditation." The date of the session will be on **19.02.2018**. The resource person will be **Ms.R.Chitra, Yoga Master Alangudi**. Students are asked to attend and make use of the session fruitful.



Dr. V. R. S. S. S.
PRINCIPAL
ARPUTHA COLLEGE OF ARTS & SCIENCE
VAMBAN - 622 303

E- mail : arputhacollege@gmail.com / Phone : 04322 - 290795, 97514 70355, 94862 59221



ARPUTHA COLLEGE OF ARTS AND SCIENCE - VAMBAN

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Pudukkottai-622303

MEDITATION

(2017-2018)

A meditation and yoga camp were conducted under the headship of Mrs. R. Chitra Yoga Master in our college auditorium on 19.02.2018 with the 54 students. The speaker made a clear difference between the term yoga and meditation. meditation is a process in which one percent uses technique mindful, or focuses the mind on a particular object, thought or activity to get attention and awareness and to achieve a mentally clear and emotionally calm and stable state. Meditation is a boon of God which reduces stress, depression, pain, anxiety etc., and to develop self-concept, peace perception. The Hindu swami Vivekananda, the Christians. Francis, Muslim Sufis in dhikr etc. were followed meditation. The spoke person also differentiated yoga and meditation they opined that these two are interchangeable. Yoga means union which uses 'asanas. He asked the students to follow both in their life to achieve their target.



MEDITATION



Dr. V. B. J. J.
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VAMBAN - 622 303



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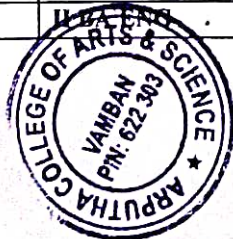
(Affiliated to Bharathidasan University - Tiruchirappalli)

Pudukkottai-622303

MEDITATION

(2017-2018)

S.No	Name of the Student	Department	Signature
1	ELIZABETH RANI G	III ENG	G. Elizabeth Rani
2	LIVIYADHARSHINI M	III ENG	M. Divyachandhini
3	SASIKUMAR G	III ENG	G. Sasikumar
4	SIVAPRIYADHARSHINI G	III ENG	G. Sivapriya
5	ABIRAMI P	I ENG	P. Abirami
6	ANITHA C	I ENG	C. Anitha
7	ELAVARASI R	I ENG	R. Elavarasi
8	GAYATHRI C	I ENG	C. Gayathri
9	MADHUBALA D	I ENG	D. Madhubala
10	RAGAVI R	I ENG	R. Ragavi
11	RANJITHA R	I ENG	R. Ranjitha
12	ANUSIYA A	II MB	A. Anusuya
13	DEEPAPRIYA S	II MB	S. Deepapriya
14	KANIMOZHI D	II MB	D. Kanimozhi
15	NANDHINI C	II MB	C. Nandhini
16	ANITHA P	II MB	P. Anitha
17	DIVYA A	II MB	A. Divya
18	MAHESHWARI R	II MB	R. Maheshwari
19	MATHESH K	II MB	K. Mathesh
20	PRASANNA R	II MB	R. Prasanna
21	PRIYADHARSHINI A	II MB	A. Priyadharshini
22	TAMIZHARASI T	II MB	T. Tamizharasi
23	SWATHI S	II MB	S. Swathi
24	KARTHIKA T	III MB	T. Karthika
25	MANJULA M	III MB	M. Manjula
26	SATHYABHAMA T	III MB	T. Sathya Bama
27	ABINAYA S	I MB	S. Abinaya
28	DIVYA N	I MB	N. Divya
29	GAYATHRI R	I MB	R. Gayathri
30	KALAIVANI J	I MB	J. Kalai Vani
31	MUTHU S	I MB	S. Muthu
32	SANGEETHA R	II B.SC MATHS	R. Sangeetha
33	ARUL PRABU K	III B.SC PHY	K. Arul Prabhu
34	DHILLIPAN B	III B.SC PHY	B. Dhiliphan
35	EASTER RAJ K	III B.SC PHY	K. Easter Raj
36	KRISHNAN M	III B.SC PHY	M. Krishnan
37	MAHESHWARI P	III B.SC PHY	P. Maheshwari
38	NALINI S	III B.SC PHY	S. Nalini
39	YOGESHWARI R	III B.SC PHY	R. Yogeshwari
40	SHANMUGAPRIYA B	III B.SC PHY	B. Shanmugapriya
41	DEEPIKA K.C	III BA ENG	K. Deepika
42	KOKILA B	III BA ENG	B. Kokila
43	PARKAVI K	III BA ENG	K. Parkavi
44	SATHYA C	III BA ENG	C. Sathya
45	THIRISHA R	III BA ENG	R. Thirisha
46	ANITHA C	III BA ENG	C. Anitha



47	ANTHONYAMMAL S	II BA ENG	Anthonyammal S
48	ELAWARANI R	II BA ENG	Elawarani R
49	JANCY RAN A	II BA ENG	Jancy Rani
50	LEEMA MARGRET M	III B.SC CS	Leema Margaret M
51	SELVAGANAPATHI R	III B.SC CS	Selva Ganapathy R
52	KANIMOZHI P	I M.SC CS	Kanimozhi P
53	GOWSALYA S	II M.SC CS	Gowsalya S
54	HEMALATHA S	II M.SC CS	Himalatha S



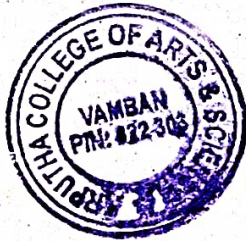
Sachin
PRINCIPAL
 ARPUTHA COLLEGE OF ARTS & SCIENCE
 VAMBAN - 622 302

MEDITATION

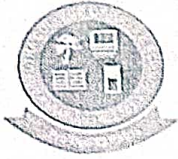
S.NO	NAME OF THE STUDENTS	DEPARTMENT	PROGRAMME DATE
1	ELIZABETH RANI G	III ENG	19.02.2018
2	LIVIYADHARSHINI M	III ENG	19.02.2018
3	SASIKUMAR G	III ENG	19.02.2018
4	SIVAPRIYADHARSHINI G	III ENG	19.02.2018
5	ABIRAMI P	I ENG	19.02.2018
6	ANITHA C	I ENG	19.02.2018
7	ELAVARASI R	I ENG	19.02.2018
8	GAYATHRI C	I ENG	19.02.2018
9	MADHUBALA D	I ENG	19.02.2018
10	RAGAVI R	I ENG	19.02.2018
11	RANJITHA R	I ENG	19.02.2018
12	ANUSIYA A	II MB	19.02.2018
13	DEEPAPRIYA S	II MB	19.02.2018
14	KANIMOZHI D	II MB	19.02.2018
15	NANDHINI C	II MB	19.02.2018
16	ANITHA P	II MB	19.02.2018
17	DIVYA A	II MB	19.02.2018
18	MAHESHWARI R	II MB	19.02.2018
19	MATHESH K	II MB	19.02.2018
20	PRASANNA R	II MB	19.02.2018
21	PRIYADHARSHINI A	II MB	19.02.2018
22	TAMIZHARASI T	II MB	19.02.2018
23	SWATHI S	II MB	19.02.2018
24	KARTHIKA T	III MB	19.02.2018
25	MANJULA M	III MB	19.02.2018
26	SATHYABHAMA T	III MB	19.02.2018
27	ABINAYA S	I MB	19.02.2018
28	DIVYA N	I MB	19.02.2018
29	GAYATHRI R	I MB	19.02.2018
30	KALAIVANI J	I MB	19.02.2018
31	MUTHU S	I MB	19.02.2018
32	SANGEETHA R	II B.SC MATHS	19.02.2018
33	ARUL PRABU K	III B.SC PHY	19.02.2018
34	DHILLIPAN B	III B.SC PHY	19.02.2018
35	EASTER RAJ K	III B.SC PHY	19.02.2018
36	KRISHNAN M	III B.SC PHY	19.02.2018
37	MAHESHWARI P	III B.SC PHY	19.02.2018
38	NALINI S	III B.SC PHY	19.02.2018
39	YOGESHWARI R	III B.SC PHY	19.02.2018
40	SHANMUGAPRIYA B	III B.SC PHY	19.02.2018
41	DEEPIKA K.C	III BA ENG	19.02.2018
42	KOKILA B	III BA ENG	19.02.2018
43	PARKAVI K	III BA ENG	19.02.2018
44	SATHYA C	III BA ENG	19.02.2018
45	THIRISHA R	III BA ENG	19.02.2018
46	ANITHA C	III BA ENG	19.02.2018



47	ANTHONIYAMMAL S	II BA ENG	19.02.2018
48	ELAWARASI R	II BA ENG	19.02.2018
49	JANCY RAN A	II BA ENG	19.02.2018
50	LEEMA MARGRET M	III B.SC CS	19.02.2018
51	SELVAGANAPATHI R	III B.SC CS	19.02.2018
52	KANIMOZHI P	I M.SC CS	19.02.2018
53	GOWSALYA S	II M.SC CS	19.02.2018
54	HEMALATHA S	II M.SC CS	19.02.2018



Sr. V. B. [Signature]
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Arputha College of Arts and Science

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Certificate of Appreciation

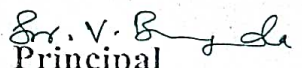
This certificate is awarded to ABIRAMI . R III - B.Sc. PHYSICS

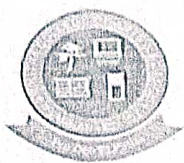
for his / her participation of the YOGA AND HEALTH

program conducted from 25.01.2018 to _____


Program Coordinator
COURSES CO-ORDINATOR
Arputha College of Arts and Science
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303.




Principal
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Vamban, Alangudi TK, Pudukkottai - 622 303.

Certificate of Appreciation

This certificate is awarded to DIVYA A II B.Sc. MICROBIOLOGY

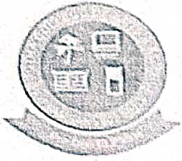
for his / her participation of the YOGA AND HEALTH

program conducted from 25.01.2018 to _____

R. Chandra
Program Coordinator
COURES CO-ORDINATOR
Arputha College of Arts and Science
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303,



S. V. B. S. S. S.
Principal
PRINCIPAL
ARPUTHA COLLEGE OF ARTS & SCIENCE
VAMBAN - 622 303



Arputha College of Arts and Science

(Affiliated to Bharathidasan University, Tiruchirappalli)

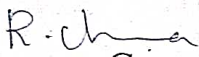
Vamban, Alangudi TK, Pudukkottai - 622 303.

Certificate of Appreciation

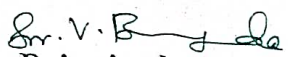
This certificate is awarded to DEEPA . N II BA ENGLISH

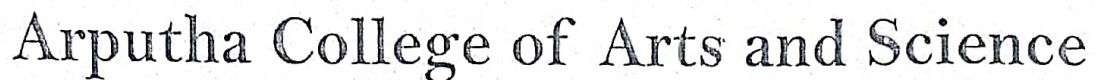
for his / her participation of the YOGA AND HEALTH

program conducted from _____ to _____


Program Coordinator
COURES CO-ORDINATOR
Arputha College of Arts and Science
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303.




Principal
ARPUTHA COLLEGE OF ARTS & SCIENC
VAMBAN - 622 303



Certificate of Appreciation

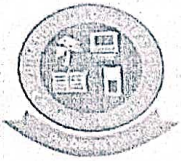
for his / her participation of the YOGA AND HEALTH

program conducted from 25.04.2018 to _____

R. Ch
Program Coordinator
 COURES CO-ORDINATOR
 Arputha College of Arts and Science
 Arputha Nagar, Vamban,
 Pudukkottai (Dt) - 622 303.



Dr. V. B. 
Principal
PRINCIPAL
ARPUTHA COLLEGE OF ARTS & SCIENC
VAMBAN - 622 303



Arputha College of Arts and Science

(Affiliated to Bharathidasan University, Tiruchirappalli)

Vamban, Alangudi TK, Pudukkottai - 622 303.

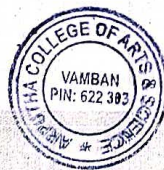
Certificate of Appreciation

This certificate is awarded to DIVYA M II BBA

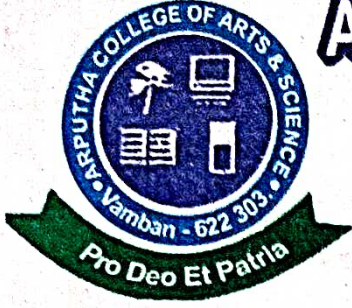
for his / her participation of the YOGA AND HEALTH

program conducted from 25.04.2018 to _____


Program Coordinator
COURES CO-ORDINATOR
Arputha College of Arts and Science
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303.




Principal
PRINCIPAL
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VAMBAN - 622 303



ARPUTHA COLLEGE OF ARTS & SCIENCE

(Affiliated to Bharathidasan University)

Arputha Nagar, Vamban - 622 303. Alangudi (T.k), Pudukkottai (Dt)

www.arputhacollege.in

Date : 20.01.2020

Circular

The IQAC of our college has arranged a programme under the soft skill development course on the topic "Yoga asana's and its benefits." The date of the session will be on 22.01.2020. The resource person will be Ms.R.Chitra Yoga Master, Alangudi. Students are asked to attend and make use of the session fruitful.



Pradeepa
PRINCIPAL
ARPUTHA COLLEGE OF ARTS & SCIENCE
VAMBAN - 622 303



ARPUTHA COLLEGE OF ARTS AND SCIENCE - VAMBAN

(Affiliated to Bharathidasan University - Tiruchirappalli)

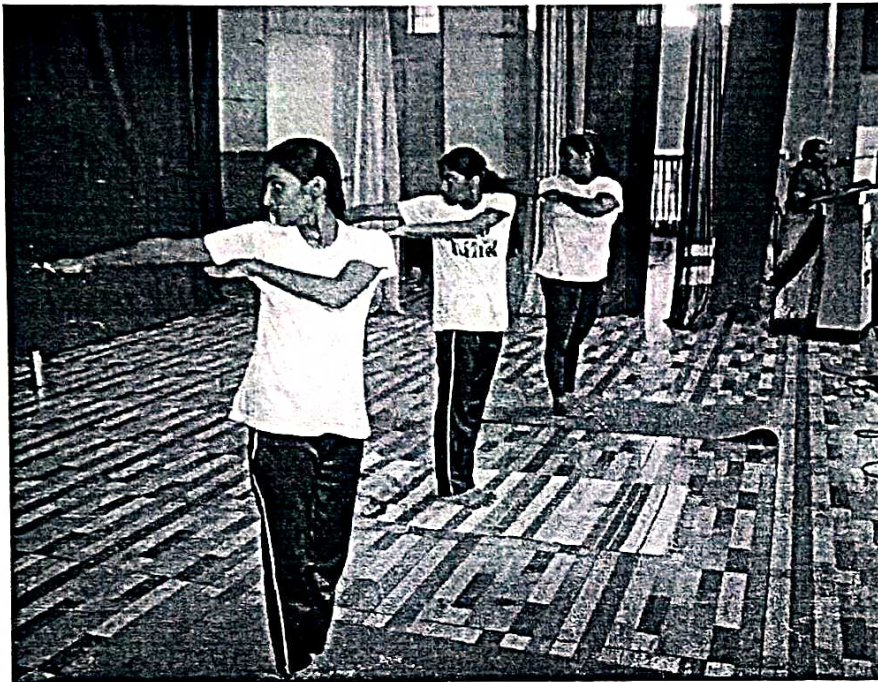
Pudukkottai-622303

Yoga asana's and its benefits

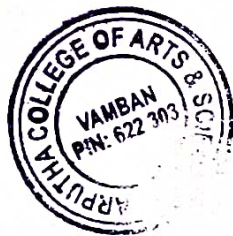
2019-2020

Yoga asana's and its benefits:

The physical director of our institution Mrs.R.Chithra was the resource person for "Yoga asana's and its benefits". The Above Session was held in our auditorium on 22.01.2020 with 148 students during her speech she told the history of yoga and its benefits. Yoga is a meditation of group of physical, mental and spiritual discipline which originated in India. While addressing among students she stated what is yoga? And its types, the postures of doing yoga and its benefits. She also pouted out the modern gurus of yoga, list of yoga schools, sun salutation and so on. Yoga is the union of body mind and soul she added and concluded her speech by saying that yoga is a way of life.



change photo.




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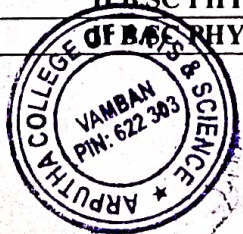
Pudukkottai-622303

Yoga asana's and its benefits

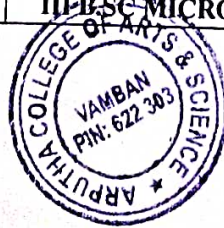
2019-2020

Name List

S.No	Name of The students	Department	Signature
1.	ANITHA B	II TAMIL	Anitha.B
2.	ANITHA R	II TAMIL	Anitha.R
3.	ARUL VINCIYA RANI A	II TAMIL	ARUL VINCIYA RANI.A
4.	DHARSANIYA T	II TAMIL	DHARSANIYA T
5.	NANDHINI S	II TAMIL	NANDHINI.S
6.	PERNITHA V	II TAMIL	PERNITHA.V
7.	PUNITHA A	II TAMIL	PUNITHA.A
8.	ROSY D	II TAMIL	ROSY.D
9.	VIVITHA M	II TAMIL	VIVITHA.M
10.	SARATHA M	II TAMIL	SARATHA.M
11.	AKILAN M	III ENGLISH	AKILAN.M
12.	BRINDHA P	III ENGLISH	BRINDHA.P
13.	MADESH M	III ENGLISH	MADESH.M
14.	PARKAVI K	III ENGLISH	PARKAVI.K
15.	RANJANI R	III ENGLISH	RANJANI.R
16.	SATHYA S	III ENGLISH	SATHYA.S
17.	SUVETHA P	III ENGLISH	SUVETHA.P
18.	UDAYAKUMARI V	III ENGLISH	UDAYAKUMARI.V
19.	YASOTHA M	III ENGLISH	YASOTHA.M
20.	BANU M	I ENGLISH	BANU.M
21.	ESWARI M	I ENGLISH	ESWARI.M
22.	JONE S	I ENGLISH	JONE.S
23.	SANGEETHA V	I ENGLISH	SANGEETHA.V
24.	VEDHANAYAGI T	I ENGLISH	VEDHANAYAGI.T
25.	LELIS IGNI M	I ENGLISH	LELIS IGNI.M
26.	ANITHA C	II ENGLISH	ANITHA.C
27.	ESWARI T	II ENGLISH	ESWARI.T
28.	KALAISELVI M	II ENGLISH	KALAISELVI.M
29.	PRIYA A	II ENGLISH	PRIYA.A
30.	PRIYA M	II ENGLISH	PRIYA.M
31.	RADHIKA K	II ENGLISH	RADHIKA.K
32.	SANTHIYA S	II ENGLISH	SANTHIYA.S
33.	SUVATHI N	II ENGLISH	SUVATHI.N
34.	VINOTHINI	II ENGLISH	VINOTHINI.C
35.	PRESSILLASYOW G	III B.SC PHYSICS	PRESSILLASYOW.G
36.	RANJANI V	III B.SC PHYSICS	RANJANI.V
37.	SATHYA P	III B.SC PHYSICS	SATHYA.P
38.	THAVAMANI A	III B.SC PHYSICS	THAVAMANI
39.	DIVYA C	II B.SC PHYSICS	DIVYA.C
40.	MELIN JENIFER A	II B.SC PHYSICS	MELIN JENIFER.A
41.	PAVITHRA P	II B.SC PHYSICS	PAVITHRA.P
42.	SABITHA A	II B.SC PHYSICS	SABITHA.A
43.	SNEKA A	II B.SC PHYSICS	SNEKA.A

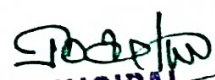


45.	BELLARMEN T	III B.SC PHYSICS	Bellarmen T
46.	PREETHA L	III B.SC PHYSICS	PREETHA L
47.	PRIYA NANTHINI M	III B.SC PHYSICS	Priya Nanthini M
48.	RAMESHWARI M	III B.SC PHYSICS	RAMESHWARI M
49.	RAMYA M	II B.SC PHYSICS	Ramya M
50.	SARANYA R	III B.SC PHYSICS	SARANYA R
51.	ANUSIYA K	II B.SC PHYSICS	Anusiyar K
52.	NANDHINI P	II B.SC PHYSICS	NANDHINI P
53.	SHARMILA S	II B.SC PHYSICS	SHARMILA S
54.	DEVADHARSHINI M	I B.SC PHYSICS	Devadharshini M
55.	PUGAZHARASI M	I B.SC PHYSICS	PUGAZHARASI M
56.	SUGANA N	I B.SC PHYSICS	SUGANA N
57.	AROKEYA PETRISIYA A	II B.COM	AROKEYA PETRISIYA A
58.	KAMALI S	II B.COM	KAMALI S
59.	NANDHINI G	II B.COM	NANDHINI G
60.	PRADEEGA L	II B.COM	PRADEEGA L
61.	JENSIYA B	I B.COM	JENSIYA B
62.	LAKSHMI N	I B.COM	LAKSHMI N
63.	MARIKANNU V	I B.COM	MARIKANNU V
64.	SAIYED KHATHIYA A	I B.COM	SAIYED KHATHIYA A
65.	SARANYA R	I B.COM	SARANYA R
66.	SOUNDARYA S	I B.COM	SOUNDARYA S
67.	DEEPA P	I B.SC MATHS	DEEPA P
68.	ELAMATHI G	I B.SC MATHS	ELAMATHI G
69.	MAHALAKSHMI B	I B.SC MATHS	MAHALAKSHMI B
70.	SNEKA J	I B.SC MATHS	SNEKA J
71.	SUGANYA S	I B.SC MATHS	SUGANYA S
72.	VIMAL RUSELIN JENIFER B	I B.SC MATHS	VIMAL RUSELIN JENIFER B
73.	ABIRAMI R	II B.SC MATHS	ABIRAMI R
74.	DEEPA K	II B.SC MATHS	DEEPA K
75.	JAMUNA P	II B.SC MATHS	JAMUNA P
76.	NISHA K	II B.SC MATHS	NISHA K
77.	SANGEETHA R	II B.SC MATHS	SANGEETHA R
78.	AROCKIYA JANCY K	II M.SC MATHS	AROCKIYA JANCY K
79.	GAYATHRI P	II M.SC MATHS	GAYATHRI P
80.	PAVITHRA S	II M.SC MATHS	PAVITHRA S
81.	SATHYA M	II M.SC MATHS	SATHYA M
82.	AARTHI K	I B.SC MICROBIOLOGY	AARTHI K
83.	ANITHA R	I B.SC MICROBIOLOGY	ANITHA R
84.	AROKEYA ABILA A	I B.SC MICROBIOLOGY	AROKEYA ABILA A
85.	BUVANESHWARI N	I B.SC MICROBIOLOGY	BUVANESHWARI N
86.	BHUVANESHWARI R	II B.SC MICROBIOLOGY	BHUVANESHWARI R
87.	GAYATHRI M	II B.SC MICROBIOLOGY	GAYATHRI M
88.	KALAIVANI J	II B.SC MICROBIOLOGY	KALAIVANI J
89.	AISHWARYA R	III B.SC MICROBIOLOGY	AISHWARYA R
90.	ANUSIYA A	III B.SC MICROBIOLOGY	ANUSIYA A
91.	CHITHRA P	III B.SC MICROBIOLOGY	CHITHRA P
92.	DIVYA A	III B.SC MICROBIOLOGY	DIVYA A
93.	KALITHASAN K	III B.SC MICROBIOLOGY	KALITHASAN K
94.	KARUNAKARAN A	III B.SC MICROBIOLOGY	KARUNAKARAN A
95.	KIRUBAKARAN S	III B.SC MICROBIOLOGY	KIRUBAKARAN S
96.	MARIYA SELCIYA R	III B.SC MICROBIOLOGY	MARIYA SELCIYA R
97.	MUTHU S	III B.SC MICROBIOLOGY	MUTHU S
98.	NANDHINI S	III B.SC MICROBIOLOGY	NANDHINI S
	RAGASUDHA R	III B.SC MICROBIOLOGY	RAGASUDHA R



100	SATHYA R	III B.SC MICROBIOLOGY	SATHYA.R
101	SUBHA A	III B.SC MICROBIOLOGY	SUBHA.A
102	VIJESHWARI S	III B.SC MICROBIOLOGY	VIJESHWARI.S
103	ANTOMADONA A	III COMPUTER SCIENCE	ANTOMADONA.A
104	PREETHA K	III COMPUTER SCIENCE	PREETHA.K
105	RASIKA T	III COMPUTER SCIENCE	RASIKA.T
106	KASTHURI Y	II COMPUTER SCIENCE	KASTHURI.Y
107	SNEKA R	II COMPUTER SCIENCE	SNEKA.R
108	PREMI R	II COMPUTER SCIENCE	PREMI.R
109	GOKILA M	I COMPUTER SCIENCE	GOKILA.M
110	NANDHINI N	I COMPUTER SCIENCE	NANDHINI.N
111	VAISHNAVI G	I COMPUTER SCIENCE	VAISHNAVI.G
112	YASOTHA M	I TAMIL	YASOTHA.M
113	BHAVANI S	I TAMIL	BHAVANI.S
114	DHANALAKSHIMI N	I TAMIL	DHANALAKSHIMI.N
115	HANISHA MARY K	I TAMIL	HANISHA.MARY.K
116	RAGALYA A	I TAMIL	RAGALYA.A
117	SANTHIYA D	I TAMIL	SANTHIYA.D
118	VEERASUNTHARI B	I TAMIL	VEERASUNTHARI.B
119	YOGESHWARI M	I TAMIL	YOGESHWARI.M
120	ANTHONI AMMAL S	I B.SC MB	ANTHONI.AMMAL.S
121	BABY RUPAVATHI S	I B.SC MB	BABY.RUPAVATHI.S
122	DIVYA DHARSHINI J	I B.SC MB	DIVYA.DHARSHINI.J
123	KAVITHA K	I B.SC MB	KAVITHA.K
124	MADHUBALA D	I B.SC MB	MADHUBALA.D
125	VISHVAPRIYA	I B.SC MB	VISHVAPRIYA
126	RAMANI P	II B.SC MB	RAMANI.P
127	SRINAVAA G	II B.SC MB	SRINAVAA.G
128	VENNILA V	II B.SC MB	VENNILA.V
129	VIJAYESHWARI S	II B.SC MB	VIJAYESHWARI.S
130	ANITHA P	III B.SC MB	ANITHA.P
131	ARUNA A	III B.SC MB	ARUNA.A
132	DEEPAPRIYA S	III B.SC MB	DEEPAPRIYA.S
133	JEEVA M	III B.SC MB	JEEVA.M
134	PRASANNA R	III B.SC MB	PRASANNA.R
135	PRIYADHARSHINI S	III B.SC MB	PRIYADHARSHINI.S
136	SHIBANA G	III B.SC MB	SHIBANA.G
137	LEEMA MARGRET M	III B.SC CS	LEEMA.MARGRET.M
138	SELVAGANAPATHI R	III B.SC CS	SELVAGANAPATHI.R
139	KANIMOZHI P	I M.SC CS	KANIMOZHI.P
140	GOWSALYA S	II M.SC CS	GOWSALYA.S
141	HEMALATHA S	II M.SC CS	HEMALATHA.S
142	VASANTHAKUMARI T	II M.SC CS	VASANTHAKUMARI.T
143	DEEPA P	I B.SC MATHS	DEEPA.P
144	ELAMATHI G	I B.SC MATHS	ELAMATHI.G
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146	SNEKA J	I B.SC MATHS	SNEKA.J
147	SUGANYA S	I B.SC MATHS	SUGANYA.S
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	ABIRAMI R	II B.SC MATHS	ABIRAMI.R



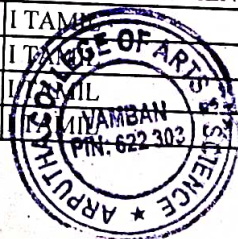

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YOGA ASANA'S AND ITS BENEFITS

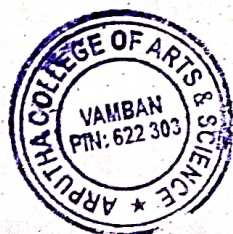
S.NO	NAME OF THE STUDENTS	DEPARTMENT	PROGRAMME DATE
1	ANITHA B	II TAMIL	22.01.2020
2	ANITHA R	II TAMIL	22.01.2020
3	ARUL VINCIYA RANI A	II TAMIL	22.01.2020
4	DHARSANIYA T	II TAMIL	22.01.2020
5	NANDHINI S	II TAMIL	22.01.2020
6	PERNITHA V	II TAMIL	22.01.2020
7	PUNITHA A	II TAMIL	22.01.2020
8	ROSY D	II TAMIL	22.01.2020
9	VIVITHA M	II TAMIL	22.01.2020
10	SARATHA M	II TAMIL	22.01.2020
11	AKILAN M	III ENGLISH	22.01.2020
12	BRINDHA P	III ENGLISH	22.01.2020
13	MADESH M	III ENGLISH	22.01.2020
14	PARKAVI K	III ENGLISH	22.01.2020
15	RANJANI R	III ENGLISH	22.01.2020
16	SATHYA S	III ENGLISH	22.01.2020
17	SUVETHA P	III ENGLISH	22.01.2020
18	UDAYAKUMARI V	III ENGLISH	22.01.2020
19	YASOTHA M	III ENGLISH	22.01.2020
20	BANUM	I ENGLISH	22.01.2020
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22	JONE S	I ENGLISH	22.01.2020
23	SANGEETHA V	I ENGLISH	22.01.2020
24	VEDHANAYAGI T	I ENGLISH	22.01.2020
25	LELIS IGNI M	I ENGLISH	22.01.2020
26	ANITHA C	II ENGLISH	22.01.2020
27	ESWARI T	II ENGLISH	22.01.2020
28	KALAISELVI M	II ENGLISH	22.01.2020
29	PRIYA A	II ENGLISH	22.01.2020
30	PRIYA M	II ENGLISH	22.01.2020
31	RADHIKA K	II ENGLISH	22.01.2020
32	SANTHIYA S	II ENGLISH	22.01.2020
33	SUVATHI N	II ENGLISH	22.01.2020
34	VINOTHINI	II ENGLISH	22.01.2020
35	PRESSILLASYOW G	III B.SC PHYSICS	22.01.2020
36	RANJANI V	III B.SC PHYSICS	22.01.2020
37	SATHYA P	III B.SC PHYSICS	22.01.2020
38	THAVAMANI A	III B.SC PHYSICS	22.01.2020
39	DIVYA C	II B.SC PHYSICS	22.01.2020
40	MELIN JENIFER A	II B.SC PHYSICS	22.01.2020
41	PAVITHRA P	II B.SC PHYSICS	22.01.2020
42	SABITHA A	II B.SC PHYSICS	22.01.2020
43	SNEKA A	II B.SC PHYSICS	22.01.2020
44	BELLARMEN T	III B.SC PHYSICS	22.01.2020
45	PREETHA L	III B.SC PHYSICS	22.01.2020
46	PRIYA NANTHINI M	III B.SC PHYSICS	22.01.2020
47	RAMESHWARI M	III B.SC PHYSICS	22.01.2020
48	RAMYA M	II B.SC PHYSICS	22.01.2020
49	SARANYA R	III B.SC PHYSICS	22.01.2020
50	ANUSIYA K	II B.SC PHYSICS	22.01.2020
51	NANDHINI P	II B.SC PHYSICS	22.01.2020
52	SHARMILA S	II B.SC PHYSICS	22.01.2020
53	DEVADHARSHINI M	I B.SC PHYSICS	22.01.2020
54	PUGAZIARASI M	I B.SC PHYSICS	22.01.2020
55	SUGANA N	I B.SC PHYSICS	22.01.2020
56	AROKIYA PETRISIYA A	II B.COM	22.01.2020
57	KAMALI S	II B.COM	22.01.2020

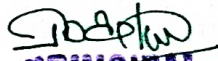


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59	PRADEEGA L	II B.COM	22.01.2020
60	JENSIYA B	I B.COM	22.01.2020
61	LAKSHMI N	I B.COM	22.01.2020
62	MARIKANNU V	I B.COM	22.01.2020
63	SAIYED KHATHIYA A	I B.COM	22.01.2020
64	SARANYA R	I B.COM	22.01.2020
65	SOUNDARYA S	I B.COM	22.01.2020
66	DEEPA P	I B.SC MATHS	22.01.2020
67	ELAMATHI G	I B.SC MATHS	22.01.2020
68	MAHALAKSHMI B	I B.SC MATHS	22.01.2020
69	SNEKA J	I B.SC MATHS	22.01.2020
70	SUGANYA S	I B.SC MATHS	22.01.2020
71	VIMAL RUSELIN JENIFER B	I B.SC MATHS	22.01.2020
72	ABIRAMI R	II B.SC MATHS	22.01.2020
73	DEEPA K	II B.SC MATHS	22.01.2020
74	JAMUNA P	II B.SC MATHS	22.01.2020
75	NISHA K	II B.SC MATHS	22.01.2020
76	SANGEETHA R	II B.SC MATHS	22.01.2020
77	AROCKIYA JANCY K	II M.SC MATHS	22.01.2020
78	GAYATHRI P	II M.SC MATHS	22.01.2020
79	PAVITHRA S	II M.SC MATHS	22.01.2020
80	SATHYA M	II M.SC MATHS	22.01.2020
81	AARTHI K	I B.SC MICROBIOLOGY	22.01.2020
82	ANITHA R	I B.SC MICROBIOLOGY	22.01.2020
83	AROKIYA ABILA A	I B.SC MICROBIOLOGY	22.01.2020
84	BUVANESHWARI N	I B.SC MICROBIOLOGY	22.01.2020
85	BHUVANESHWARI R	II B.SC MICROBIOLOGY	22.01.2020
86	GAYATHRI M	II B.SC MICROBIOLOGY	22.01.2020
87	KALAIVANI J	II B.SC MICROBIOLOGY	22.01.2020
88	AISHWARYA R	III B.SC MICROBIOLOGY	22.01.2020
89	ANUSIYA A	III B.SC MICROBIOLOGY	22.01.2020
90	CHITHRA P	III B.SC MICROBIOLOGY	22.01.2020
91	DIVYA A	III B.SC MICROBIOLOGY	22.01.2020
92	KALITHASAN K	III B.SC MICROBIOLOGY	22.01.2020
93	KARUNAKARAN A	III B.SC MICROBIOLOGY	22.01.2020
94	KIRUBAKARAN S	III B.SC MICROBIOLOGY	22.01.2020
95	MARIYA SELCIYA R	III B.SC MICROBIOLOGY	22.01.2020
96	MUTHU S	III B.SC MICROBIOLOGY	22.01.2020
97	NANDHINI S	III B.SC MICROBIOLOGY	22.01.2020
98	RAGASUDHA R	III B.SC MICROBIOLOGY	22.01.2020
99	SATHYA R	III B.SC MICROBIOLOGY	22.01.2020
100	SUBHA A	III B.SC MICROBIOLOGY	22.01.2020
101	VIJESHWARI S	III B.SC MICROBIOLOGY	22.01.2020
102	ANTOMADONA A	III COMPUTER SCIENCE	22.01.2020
103	PREETHA K	III COMPUTER SCIENCE	22.01.2020
104	RASIKA T	III COMPUTER SCIENCE	22.01.2020
105	KASTHURI Y	II COMPUTER SCIENCE	22.01.2020
106	SNEKA R	II COMPUTER SCIENCE	22.01.2020
107	PREMI R	II COMPUTER SCIENCE	22.01.2020
108	GOKILA M	I COMPUTER SCIENCE	22.01.2020
109	NANDHINI N	I COMPUTER SCIENCE	22.01.2020
110	VAISHNAVI G	I COMPUTER SCIENCE	22.01.2020
111	YASOTHA M	I TAM	22.01.2020
112	BHAVANI S	I TAM	22.01.2020
113	DHANALAKSHMI N	I TAM	22.01.2020
114	HANISHA MARY K	I TAM	22.01.2020



115	RAGALYA A	I TAMIL	22.01.2020
116	SANTHIYA D	I TAMIL	22.01.2020
117	VEERASUNTHARI B	I TAMIL	22.01.2020
118	YOGESHWARI M	I TAMIL	22.01.2020
119	ANTHONI AMMAL S	I B.SC MB	22.01.2020
120	BABY RUPAVATHI S	I B.SC MB	22.01.2020
121	DIVYA DHARSHINI J	I B.SC MB	22.01.2020
122	KAVITHA K	I B.SC MB	22.01.2020
123	MADHUBALA D	I B.SC MB	22.01.2020
124	VISHVAPRIYA	I B.SC MB	22.01.2020
125	RAMANI P	II B.SC MB	22.01.2020
126	SRINAVAA G	II B.SC MB	22.01.2020
127	VENNILA V	II B.SC MB	22.01.2020
128	VIJAYESHWARI S	II B.SC MB	22.01.2020
129	ANITHA P	III B.SC MB	22.01.2020
130	ARUN A	III B.SC MB	22.01.2020
131	DEEPA PRIYA S	III B.SC MB	22.01.2020
132	JEEVA M	III B.SC MB	22.01.2020
133	PRASANNA R	III B.SC MB	22.01.2020
134	PRIYADHARSHINI S	III B.SC MB	22.01.2020
135	SHIBANA G	III B.SC MB	22.01.2020
136	LEEMA MARGRET M	III B.SC CS	22.01.2020
137	SELVAGANAPATHI R	III B.SC CS	22.01.2020
138	KANIMOZHI P	I M.SC CS	22.01.2020
139	GOWSALYA S	II M.SC CS	22.01.2020
140	HEMALATHA S	II M.SC CS	22.01.2020
141	VASANTHAKUMARI T	II M.SC CS	22.01.2020
142	DEEPA P	I B.SC MATHS	22.01.2020
143	ELAMATHI G	I B.SC MATHS	22.01.2020
144	MAHALAKSHMI B	I B.SC MATHS	22.01.2020
145	SNEKA J	I B.SC MATHS	22.01.2020
146	SUGANYA S	I B.SC MATHS	22.01.2020
147	VIMAL ROSELIN JENIFER B	I B.SC MATHS	22.01.2020
148	ABIRAMI R	II B.SC MATHS	22.01.2020




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Arputha College of Arts and Science

(Affiliated to Bharathidasan University, Tiruchirappalli)

Vamban, Alangudi TK, Pudukkottai - 622 303.

Certificate of Appreciation

This certificate is awarded to ANITHA . B II BA TAMIL

for his / her participation of the YOGA ASANA'S AND ITS BENEFITS

program conducted from 22.01.2020 to _____

Richa
Program Coordinator
COURES CO-ORDINATOR
Arputha College of Arts and Science
Arputha Nagar, Vamban,
Pudukkottai (Dt) - 622 303.



Deepa
Principal
PRINCIPAL
ARPUTHA COLLEGE OF ARTS & SCIENC.
VAMBAN - 622 303



Arputha College of Arts and Science

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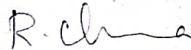
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