

TIME TABLE FOR THE SHORT TREM COURSE (21-6-2019 to 22-7-2019)

DATE	DAY	NAME OF FACULTY ENGAGING THE CLASS	TIME
21/6/2019	FRIDAY	DINIL S	8 AM TO 9AM 3.30PM TO 4.30 PM
24/6/2019	MONDAY	DINIL S	8 AM TO 9AM
25/6/2019	TUESDAY	DINIL S	8 AM TO 9AM 3.30PM TO 4.30 PM
27/6/2019	THURSDAY	DINIL S	8 AM TO 9AM
28/6/2019	FRIDAY	DINIL S	8 AM TO 9AM 3.30PM TO 4.30 PM
01/7/2019	MONDAY	DINIL S	8 AM TO 9AM
02/7/2019	TUESDAY	DINIL S	8 AM TO 9AM 3.30PM TO 4.30 PM
3/7/2019	WEDNESDAY	DINIL S	8 AM TO 9AM
4/7/2019	THURSDAY	DINIL S	8 AM TO 9AM
5/7/2019	FRIDAY	DINIL S	8 AM TO 9AM 3.30PM TO 4.30 PM
8/7/2019	MONDAY	DINIL S	8 AM TO 9AM
9/7/2019	TUESDAY	DINIL S	8 AM TO 9AM
10/7/2019	WEDNESDAY	DINIL S	8 AM TO 9AM 3.30PM TO 4.30 PM
11/7/2019	THURSDAY	DINIL S	8 AM TO 9AM
12/7/2019	FRIDAY	DINIL S	8 AM TO 9AM 3.30PM TO 4.30 PM
15/7/2019	MONDAY	DINIL S	8 AM TO 9AM
16/7/2019	TUESDAY	DINIL S	8 AM TO 9AM
17/7/2019	WEDNESDAY	DINIL S	8 AM TO 9AM
18/7/2019	THURSDAY	DINIL S	8 AM TO 9AM 3.30PM TO 4.30 PM
19/7/2019	FRIDAY	DINIL S	8 AM TO 9AM
22/7/2019	MONDAY	DINIL S	8 AM TO 9AM





SHORT TERM COURSE ON Yoga Therapy(2018-2019)

SI NO	ROLL NO.	NAME OF THE STUDENT	STUDENT ATTENDANCE																												
			9/10	9/11	9/12	9/13	9/14	9/15	9/16	9/17	9/18	9/19	9/20	9/21	9/22	9/23	9/24	9/25	9/26	9/27	9/28	9/29	9/30	10/1	10/2	10/3	10/4	10/5	10/6	10/7	
1	187110	MANEESHA MURALEEDHARAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	187111	SAHLA M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	187112	SHABANA T T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	187113	SHABNA K	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	187201	ARYA T M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	187202	ATHIRA M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	187203	DEEPTHI C G	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	187204	FATHIMA FARHANA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	187205	JASMENA K	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	187206	KARTHIKA K R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	187207	NAIHA SHIRINE P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	187208	NILEENA MG	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
INITIALS OF FACULTY			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



Handwritten signature or initials.



Name:

Roll. No.....

MES KEVEEYAM COLLEGE VALANCHERY

CC/PE/97-YOGA THERAPY

2018-2019

Time : $1\frac{1}{2}$ Hrs

Maximum Marks:25

PART A

Answer all questions(5 ×1=5)

1. Origin of yoga is
2. Meaning of Kriya.....
3.is an one type of Asanas
4. What is yoga philosophy
5. Meditation is.....

PART B

Answer all questions(5 ×2=10)

1. Explain meaning of yoga and its importance
2. What you mean pranayama
3. Difference between hatha yoga and Raja yoga
4. Define bhakti yoga
5. Write about Asthang yoga

PART C

Answer any one of the following questions(1 ×10=10)

6. Explain different Asanas
7. Explain classification of yoga



STUDENTS MARK LIST(2018-2019)

Roll No	Name	Test(25)	Practical(25)	Total(50)	Grade	Certificate course
187110	MANEESHA MURALEEDHARAN	20	25	45	A	CC/PE/97-01
187111	SAHLA M	20	18	38	B	CC/PE/97-02
187112	SHABANA T T	22	16	38	B	CC/PE/97-03
187113	SHABNA K	20	25	45	A	CC/PE/97-04
187201	ARYA T M	23	25	48	A	CC/PE/97-05
187202	ATHIRA M	20	20	40	A	CC/PE/97-06
187203	DEEPTHI C G	21	25	46	A	CC/PE/97-07
187204	FATHIMA FARHANA	19	19	38	B	CC/PE/97-08
187205	JASMENA K	22	25	47	A	CC/PE/97-09
187206	KARTHIKA K R	20	18	38	B	CC/PE/97-10
187207	NAJIHA SHIRINE P	24	25	49	A	CC/PE/97-11
187208	NILEENA MG	24	25	49	A	CC/PE/97-12
A grade :80% and above; B grade :60-79%;C grade:40-59%;D grade:below 40%						

[Handwritten Signature]



MES KEVEEYAM COLLEGE VALANCHERY



Malappuram-Kerala
(NAAC Accredited with 'A' Grade)
Phone: 0494 -2642670, www.mesvmcollege.org,
Email:principal@mesvmcollege.org

No CC/PE/97-01

Certificate

This is to certify that the following candidate has successfully completed
the certificate course *Yoga therapy*
conducted by Department of *Physical Education*
during the academic year *2018-2019*



Name *Maneesha Muralideharan*
Programme and Semester *Physical Education 1st Sem*
College Enrolment No *187110*
Grade Awarded *A*

Place : Valanchery

Date : *26/07/2018*

Principal