# LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

## 2016-17

## **Celebrating International Day of Yoga**

# **Heartfulness Meditation with Yogic Transmission**

Soft skill and Personality Development Cell of AMC Group of Educational Institution celebrated International Yoga Day on 21/06/2016 Programme Co-ordinator, Mrs. Nisha. P. T delivered Welcome Speech. The programme was inaugurated by Mr. Byju. K, Principal. He gave a small speech about importance of Yoga in our day to day life. The trainer of the programme was Mr. Mohandas, Zonal Officer, Ramachandra Mission. He spoke about achieving Yogic Transmission through meditation and showed some yogasanas. The session lasted for 2 hours. It was really beneficial for both students and faculties. The programme ended with thanks giving speech by Mrs. Sarala K T, General Head.



AMC Group of Educational Institutions, Manisseri-6791 (Affiliated to University of Calicut)

Celebrating International Day Of
YOGA
21st June
@10 AM
Heartfulnes Medidation with

Organised by Softskill and Personality Development Cell

YOGIC TRANSMISSION

Trainer
Mr Mohandas
Sree Ramachandra Mission

Contact Nisha P T 812953609



Organised by : Softskill and personality Development

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Organised by : Soffskill and Personality Development
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# **International Day of Yoga**

International Yoga Day was celebrated by Softskill and Personality Development Cell of AMC Group of Educational Institutions. The trainer for the programme was Mrs. Pushpakumari, Art of Living. The programme co-ordinator Mrs. Divya Haridas delivered Welcome Speech Mrs. Sarala. K. T, General Head inaugurated the programme. The trainer talked about – 'Yoga in our daily life and about importance of meditation'. The session lasted for two hours. It was really informative and beneficial. The programme ended with thanks giving speech by Mrs. Lakshmi.B, Assistant Professor, Department of English.



# AMCGROUP OF EDUCATIONAL INSTITUTIONS (Affiliated to University of Calicut) Art of Living Celebrotring INTERNATIONAL DAY OF AMC YOGA on 21st June 2017 Trainer P Ushakumari

# **Programme Chart**

- 1.Prayer
- 2. Welcome Speech: Mrs. Divya Haridas, Co ordinator
- 3. Inaugural Address : Mrs. Sarala. K. T, General Head
- 4. Trainer: Mrs. Pushpakumari, Art of Living
- 5. Vote of thanks : Mrs. Lakshmi. B, Assist Professor, Department of English

AMC Group of Educational Institutions, Manissery Activity/ Programmes Celebrating International Day of Yoga Susficial and personality Development cell 21/06/17 Signature Name of participant BI-No. Class. and BBA Feri Yahiya . W. P. Vignesh - K.V. Robeth . K.L. 4. Mohammed Fuoz 5 Linto Thomas 6. Anaswara. K-5. 7 Reshma Rajest "1 8 · Lavanya · U TA 17 B Com 9. T. Aneesh 10. Chethea. 1c 1.1 11 - R. Obkisa) ALIDE 12. Raveena. k.V. KVB 13. Athia P 14. Akhila · K · R. 12 por 15 Reshmi. R Edwa 16. Norgal - K. H. GD1-17. Vandana- k.r. Va

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# **Celebrating International Yoga Day**

On 21 June 2018 AMC Group of Educational Institutions celebrated International Yoga Day organized by Soft skill and Personality Development Cell. The programme was conducted b Heartfulness Institute. The co-ordinator of the Cell Mrs. Divya Haridas delivered Welcome Speech. The programme commenced with an inaugural speech by Principal, Mr. Byju. K. The session was handled by Mr. Ashok Nair, Trainer, Heartfulness Institute in the open auditorium of the college. The trainer talked about developing personality through Raja Yoga. He also showed some yogasanas which can be practiced in our day to day life.

The students participated actively and enthusiastically. It was really beneficial for all. The programme ended with thanks giving speech by Mrs. Vasanthi. P, Head, Department of Economics.







# **Programme Chart of International Yoga Day**

1.Started with a silent Prayer

2. Welcome Speech: Mrs. Divya Haridas, Co ordinator

3.Inaugural Session: Mr. Byju. K, Principal

4. Trainer: Mr. Ashok Nair, Heartfulness Institute

5. Vote of thanks: Mrs. Vasanthi. P, Head, Department of Economics.

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# International Yoga Day

Organized by Softskill and Personality Development Cell

Date: 21/01/2019

Venue: Audio Visual Hall

International Yoga Day was celebrated at AMC on June 21 with all its grandeur. The Welcome Speech was delivered by Krishnaja. P, co ordinator of the cell. Honorable Principal Dr. Byju. K inaugurated the session. The trainer of the programme was Mr. Ramesh, who represent Art of Living Programme run worldwide by Sri Sri Ravi Shankar. The students were educated about the benefits of doing Yoga on a regular basis. General Head, Mrs. Sarala. K. T, proposed Vote of thanks. The session was really beneficial for the students.



# INTERNATIONAL YOGA DAY

Organised by Softskill and Personality Development Cell On 21 june 2019

Trainer Mr. Ramesh (Art of Living)

Contact Divya Haridas 9605074828





# Programme Chart

- Prayer
   Welcome Speach: Krishmija P, co ordinator, I B. Cum Co operation
   Inauguration : Dr. Byju. K.
   Resource Person: Mr. Romesh, Faculty, Art of Irving
   S.Vote of thanks : Mrs. Sarala, K. T. General Head.

Co-ordinator Divya Haridas

#### AMC GROUP OF EDUCATIONAL INSTITUTIONS, MANISSERY Attendance Sheet Name of Programme/ Activity: International Yoga Day Organised by: Softskill and Personality Development Cell Date: 21 06 2019 Sl. No. Name of Participants Signature Batch & Year 1 Abyth Rajecian. C 3rd BBA Ana Fatheria T 11 3 Reshma Radhalereshma 4 C-Akach BS. Nais 5 Krishner Das- K 6 Souparnilca. V.R. 3rd B Com Prin Amothe M Anitha VS 8 Nikhiz Krishnan P Sanjitha. P.S. 9 10 Tino Abraham 11 Abinesh - M 14 12 14 13 Harsha. TrU. Gopilca. Ic 14 11 15 B-Comlo-op treang Nasnin-le-H. Karya - M 16 KAUYA.L. Manu. R MANUE 17 Amatha- p. M. Amoute B 18 Antana-p-N. 19 11 Angels on Burel 20 Faisal - T-C. Mohammed Hissain P 11 21 Mahl Vishny Basad. N 22 VISHAM + 01 Ranjeth. V-s. 23 RADIAVI Sushamaraj - B 24 Saraad- K.A. 7 SAJMA 25 areeshma. M. P. god B com Grushming. 26 11 VII maja C 27 -S- Kumas 13 28 71 cestry. P-a 29 Kents Meresh. V 30 4 Jenka-k 31 Ranjumol. P 32 AKhilesh Radhaterrehnan 39 BA- Eco 33 Jestin T-P



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# International Yoga Day

Organized by Softskill and Personality Development Cell

Date: 21/01/2019

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International Yoga Day was celebrated at AMC on June 21 with all its grandeur. The Welcome Speech was delivered by Krishnaja. P, co ordinator of the cell. Honorable Principal Dr. Byju. K inaugurated the session. The trainer of the programme was Mr. Ramesh, who represent Art of Living Programme run worldwide by Sri Sri Ravi Shankar. The students were educated about the benefits of doing Yoga on a regular basis. General Head, Mrs. Sarala. K. T, proposed Vote of thanks. The session was really beneficial for the students.



# INTERNATIONAL YOGA DAY

Organised by Softskill and Personality Development Cell On 21 june 2019

Trainer Mr. Ramesh (Art of Living)

Contact Divya Haridas 9605074828





# Programme Chart

- Prayer
   Welcome Speach: Krishmija P, co ordinator, I B. Cum Co operation
   Inauguration : Dr. Byju. K.
   Resource Person: Mr. Romesh, Faculty, Art of Irving
   S.Vote of thanks : Mrs. Sarala, K. T. General Head.

Co-ordinator Divya Haridas

#### AMC GROUP OF EDUCATIONAL INSTITUTIONS, MANISSERY Attendance Sheet Name of Programme/ Activity: International Yoga Day Organised by: Softskill and Personality Development Cell Date: 21 06 2019 Sl. No. Name of Participants Signature Batch & Year 1 Abyth Rajecian. C 3rd BBA Ana Fatheria T 11 3 Reshma Radhalereshma 4 C-Akach BS. Nais 5 Krishner Das- K 6 Souparnilca. V.R. 3rd B Com Prin Amothe M Anitha VS 8 Nikhiz Krishnan P Sanjitha. P.S. 9 10 Tino Abraham 11 Abinesh - M 14 12 14 13 Harsha. TrU. Gopilca. Ic 14 11 15 B-Comlo-op treang Nasnin-le-H. Karya - M 16 KAUYA.L. Manu. R MANUE 17 Amatha- p. M. Amoute B 18 Antana-p-N. 19 11 Angels on Burel 20 Faisal - T-C. Mohammed Hissain P 11 21 Mahl Vishny Basad. N 22 VISHAM + 01 Ranjeth. V-s. 23 RADIAVI Sushamaraj - B 24 Saraad- K.A. 7 SAJMA 25 areeshma. M. P. god B com Grushming. 26 11 VII maja C 27 -S- Kumas 13 28 71 cestry. P-a 29 Kents Meresh. V 30 4 Jenka-k 31 Ranjumol. P 32 AKhilesh Radhaterrehnan 39 BA- Eco 33 Jestin T-P



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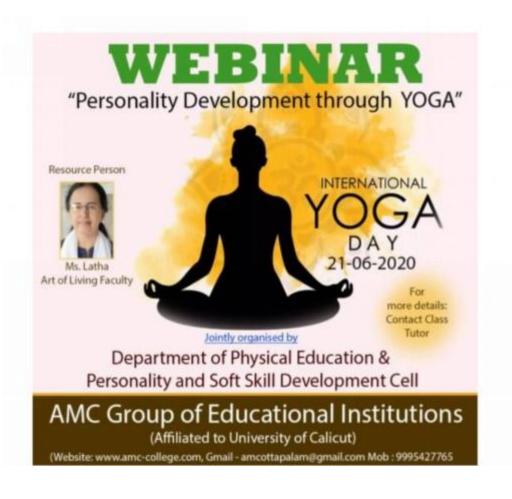
## A Webinar On "Personality Development Through Yoga"

The World celebrate June 21 as International Yoga Day. Yoga is a group of Physical, mental and spiritual practices or disciplines which originated in Ancient India. Yoga plays a significant role in shaping and developing our personality.

This year 2020, though the whole world is enveloped under Covid pandemic, AMC celebrated Yoga Day on a virtual platform, Edonix. Softskill and Personality Development Cell in hand with Physical Education Department conducted a webinar on "How to improve personality through yoga". The resource person was Miss Latha, Faculty of Art of Living. Divya Haridas, Faculty Department of English, Co ordinator of the cell delivered welcome speech.Mrs Meena Ramaswamy, Director Operations of our institution inaugurated the session and passed message to our students about good health and cause of life style diseases. The trainer taught us some yogic poses and breathing exercises. She gave a speech about the merits of practicing Yoga. The trainer shared some videos to students. Around 180 participants were there in the session including staff.

It was an interactive session and was very informative. The session lasted for two hours and it ended with vote of thanks proposed by Mr. Sudeep P (Faculty, Department of English)

An online quiz competition was conducted on the same day through google form. 75 students participated in the quiz programme. Maneesh. N from Second B. Com Finance got first prize.



# **Programme chart**

Prayer

Welcome speech : Divya Haridas, Co-ordinator

Inauguration: Mrs. Meena Ramaswamy, Director Operations

Trainer: Ms.Latha, Art of Living

Vote of thanks: Mr. Sudeep. P, Faculty, Dept. of English

# A WEBINAR ON PERSONALITY DEVELOPMENT THROUGH YOUR

Sl. No. Name Participation List		
1	HAREESHLAL T	Class
2	DHANISHMA T K	3rd B.com Finance
3	SUDHISOMAN	3rd B.com Finance
4	RAHUL OR	3rd B.com Finance
5		3rd B.com Finance
6	AMRUT SIVA SURYA K S	3rd B.com Finance
7	AKASH BALACHANDRAN	3rd B.com Finance
8	ABHIJITH M S	3rd B.com Finance
9	DRISYATU	3rd B.com Finance
	ASWATHY P	3rd B.com Finance
10	SWATHI M	3rd B.com Finance
11	VINEESH V	3rd B.com Finance
12	GAYATHRI P	3rd B.com Finance
13	ATHIRA K	3rd B.com Finance
14	DIVYAAT	3rd B.com Co-op
15	VISHNUPRIYA M K	3rd B.com Co-op
16	SANDEEP K	3rd B.com Co-op
17	ADARSH	3rd B.com Co-op
18	SARATH M	3rd B.com Co-op
19	DARSANA K	3rd B.com Co-op
20	VINAYALAKSHMI K	3rd B.com Co-op
21	RAHUL GOVINDAN NAIR	3rd B.com Co-op
22	MUHAMMED SADHIQALI KS	3rd B.com Co-op
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29	SUJA K K	3rd B.com Co-op
30	PRATHYASH K S	3rd B.com Co-op
31	ALISHA JAMES	3rd B.com Co-op
32	VARSHA K V	3rd B.com Co-op
33	SUIN V S	3rd B.com Co-op
14	SANDHYA V P	3rd B.com Co-op
35	AMRITHA E	3rd B.com Co-op
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37	NIRAJA K T	3rd B.com CA
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15	THE HAVEUMAR M	3rd B.com CA
16	TAUDIAMMED HASHIM	3rd B.com CA
17	HARIPRASAD K G	3rd B.com CA



9	MUHAMMED KASSIM SHAMIL	3rd B.com CA
0	ANAND C B	3rd B.com CA
1	RAKHIL K R	3rd B.com CA
2	BIJILA V M	3rd B.com CA
3	RAHUL K	3rd B.com CA
4	AKHILA M	3rd B.com CA
5	PRANAV K J	3rd B.com CA
6	VIDHU DEVADAS	3rd B.com CA
7	HARSHA C	3rd BBA
8	VRINDA K	3rd BBA
9	SHAREEF P	3rd BBA
50	NIKHIL KUMAR K	3rd BBA
51	FALILUL HAKKU A	3rd BBA
52	SALMAN M	3rd BBA
53	MUAWIYA BIN BAKER	3rd BBA
54	K S KIRAN	3rd BBA
5.5	FATHIMATHUL SHAMNA K	3rd BBA
56	VISHNU K	3rd BBA
57	SABITHA K S	3rd BBA
68	PRANAVJAYAYN	3rd BBA
69	ABDULKADAR V M	3rd BBA
70	VYSHAKH PANICKER K V	3rd BBA 3rd BA Economics
71	SONI A P	3rd BA Economics
72.	SUCHITHRA V S	3rd BA Economics
73	AKHILA O S	3rd BA Economics
74	AJMIL S	3rd BA Economics
	PRABEESH C	3rd BA Economics
75	ARUN K S	3rd BA Economics
76	AJITH C S	3rd BA Economics
77	CHITHRA U	3rd BA Economics
78	SRAVYA A S	3rd BA Economics
79	RANJU TS	3rd BA Economics
80	SUKANYA P	3rd BA Economics
81	VIDHYA V M	3rd BA Economics
82	SRUTHI M	3rd BA Economics
83	APARNA T P	2nd B.com Co-op
84	PRAJEEN V P	2nd B.com Co-op
85	KRISHNAJA P	2nd B.com Co-op
86	VUITHRA T M	2nd B.com Co-op
87		2nd B.com Co-op
88	MUHAMMED SUHATE	2nd B.com Co-op
89	SNEHA TP	2nd B.com Co-op
90	- LONATS	2nd B.com Co-op
91	APARNA MOHAIS	2nd B.com Co-op
92	NADIYAPK	2nd B.com Co-op
93	- TILLA N	2nd B.com Co-op
94	HASNA SHAIBIN	2nd B.com Co-op
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00	SHALINI T S	2nd B.com Co-op		
101	NIVEDA B	2nd B.com Co-op		
102	VARSHA N M	2nd B.com Co-op		
103	JAYAKRISHNAN P	2nd B.com Co-op		
104	SANJAI DAS C	2nd B.com CA		
	SREEJITH K	2nd B.com CA		
105		2nd B.com CA		
106	BHARATH K	2nd B.com CA		
107	JEESHMA P	2nd B.com CA		
108	MOHAMMED MUSTHAFA P S	2nd B.com CA		
109	AKILA T	2nd B.com CA		
110	LAKSHMAN K M	2nd B.com CA		
111	ANUPAMA A M	2nd B.com CA		
112	SALMAN FARIS K M	2nd B.com CA		
113	NIKHIL C	2nd B.com CA		
114	ROOPESH V S	2nd B.com CA		
115	VISHNU A	2nd B.com CA		
116	DIVYA P	2nd B.com CA		
	ARUNKUMAR P U	2nd B.com CA		
117	ANANDHAN K U	2nd B.com CA		
118	CHARUTHA	2nd B.com CA		
119	DEVAN K D	2nd BBA		
120	ANUSREE P	2nd BBA		
121	MOHAMMED HASHIM	2nd BBA		
122	AJMAL RA SHAD M M	2nd BBA		
123		2nd BBA		
124	RAJITH C	2nd BBA		
125	KJJITHIN	2nd BBA		
126	SUJITHRA K S	2nd BBA		
127	SURYA M	2nd BBA		
128	UNAYS P N	2nd BBA		
129	ADHITHIAN U	2nd BBA		
130	ARATHY CP	2nd BBA		
131	SUJITH	2nd BBA		
132	MIDHUN T M	2nd BBA		
133	SWATHY M V	2nd BBA 2nd BA Economics		
134	ASWATHI	2nd BA Economics		
135	SURYA K	2nd BA Economics		
136	DIVYA U	2nd BA Economics		
137	REMYA K	2nd BA Economics		
138	SHIJIMOL T D SOMASUNDHARAN K	2nd BA Economics		
139	SOMASUNDITATE	2nd BA Economics		
140	REMYA C P	2nd BA Economics		
141	SREERANJINI P P	2nd BA Economics		
142	SOORYA CT	2nd BA Economics		
143	AJITHA R PRAVEENA K			

