



# **S.N.M COLLEGE MALIANKARA**

(Affiliated to Mahatma Gandhi University, Kottayam)

**1. Title of the program : Meditation workshop**

**2. Name of the Coordinator/s :** Mrs. Ragi sekharan, Dr. T H Jitha

**3. Organizing Department/Cell :** Sree Narayana Study and Research Centre

**4. Date :** 18/11/2021 & 19/11/2021

**5. Number of participants:** 102

**6. Venue:** Seminarhall

**7. Resource Person/s :** Sri. Sharath

**8. Objective of the Program :** Communicate Narayana Guru's works and biography to the students and thereby to the society. Motivate the students to lead a worthy life 3. Utilize spiritual values and practical experience for social upliftment.

**9. Detailed description of the event:** SNM College, Maliankara, Sree Narayana Study and Research Centre, SNM Yoga Club and Malayalam Section jointly organized a meditation workshop for the students. This meditation workshop aimed at the mental and physical development of the students was conducted on 18th and 19th November (Thursday Friday) at the College Seminar Hall. This workshop was conducted with the objectives of overcoming the mental and physical problems that have arisen in the students after the opening of the colleges, to make the students more mentally stronger and to make the study more interesting. It was decided to conduct these classes in four batches of 25 students, but on the request of the students, the sessions were organized with

the inclusion of around thirty students. ' based classes were conducted by Mr. TR Sarath, teaching at Little Flower School, Cheranallur, research student, radio jockey, actor, mime artist, state level trainer of WWS, SPC etc. College Principal, The classes started with an introductory speech by Dr. TH Jita, Secretary of Sree Narayana Study and Research Center, Smt. Ragi Sekharan welcomed. Selected students from various departments participated in these workshop sessions. Through this workshop, it was possible to convey to the students that any work can be done carefully and efficiently by a meditative mind. Sree Narayana Study Center committee members, SNM Yoga Club members and Malayalam Department teachers conducted the workshop sessions. Through games and meditation, these classes taught the students about the changes that need to be made in their thinking and the relevance of their lives to the family. Head of Malayalam Department for sessions Smt. Sreeja PR proposed the vote of thanks. From the students who participated, feedback was received that this class has changed them and that such classes are still needed. Watching the classes Got a good response from the teachers.

**10. Outcome of the event/Evaluation by Program Coordinator:** To know about Narayana Guru's life darshan, life and writings. Helped to lead a worthwhile life through the writings of Narayanaguru. To encourage individuals to lead a worthy life by imparting the vision of Narayana Guru to the students and society by radiating spiritual awakening and enlightenment. Through it, we can create a peaceful society, country, and world.

Brochure

**Sree Narayana study and  
Research centre  
Meditation Workshop  
2021-2022**

**18/11/2021&19/11/2021**

**@ Seminar Hall**

**10 AM to 4PM**

**presentation: Sri.Sharath  
Radio jockey &  
Research scholar, MG  
University**

**welcome to All**





## 11.List of Participants

വെലിനോട് വർക്കുകൾ: 18/11/2021  
 ഹിന്ദു മതം - പരമേശ്വരൻ കോട്ടം, വെള്ളം - എ. എ. എ.  
 നൂറ്റാണ്ടിന്റെ [9.00am - 11.00am] കോഴ്സ്  
 പാഠ്യപുസ്തകങ്ങൾ :-

ക്രമം	പേര്	വിഭാഗം	രണ്ട്
1	അനൂപം	മലയാളം	രണ്ട്
2	അമിത	മലയാളം	Araritha
3	അമിത. വി. വി	മലയാളം	Amitha
4	അമിത. രാ. രാ	മലയാളം	Araritha
5	അമിത. രാ. രാ	മലയാളം	Araritha
6	അമിത. രാ. രാ	മലയാളം	Araritha
7	അമിത. രാ. രാ	മലയാളം	Araritha
8	അമിത. രാ. രാ	മലയാളം	Araritha
9	അമിത. രാ. രാ	മലയാളം	Araritha
10	അമിത. രാ. രാ	മലയാളം	Araritha
11	അമിത. രാ. രാ	മലയാളം	Araritha
12	അമിത. രാ. രാ	മലയാളം	Araritha
13	അമിത. രാ. രാ	മലയാളം	Araritha
14	അമിത. രാ. രാ	മലയാളം	Araritha
15	അമിത. രാ. രാ	മലയാളം	Araritha
16	അമിത. രാ. രാ	മലയാളം	Araritha
17	അമിത. രാ. രാ	മലയാളം	Araritha
18	അമിത. രാ. രാ	മലയാളം	Araritha
19	അമിത. രാ. രാ	മലയാളം	Araritha
20	Mehana Sajeev	English	Araritha
21	Fernando Francis	English	Araritha
22	Man P. J	English	Araritha
23	Aschana B. B	English	Araritha
24	Aschana T. U	English	Araritha
25	Saranya N. S	English	Araritha
26	VISMAYA	"	Araritha
27	VJAYALAKSHMI	"	Araritha
28	ANAGA	"	Araritha
29	RANJITHA	"	Araritha

വനിതാ ശാസ്ത്രം 18-11-2021  
 [11.30am to 1.30pm]

Sl. No.	Student Name	Subject	Signature
1	Pooja M.A	Botany	[Signature]
2	Stevin Stanley	M.A. Malayalam	[Signature]
3	Resathy	M.A. "	[Signature]
4	Meenu Biju	MA Malayalam	[Signature]
5	Geopika T.D	MA Malayalam	[Signature]
6	Sneha Suku	MA MALAYALAM	[Signature]
7	Anjana Rajan	MA malayalam	[Signature]
8	Mekhana T.S	MA Economics	[Signature]
9	Sreedevi P	1 <sup>st</sup> MA Economics	[Signature]
10	Sreelakshmi M.S	1 <sup>st</sup> MA Economics	[Signature]
11	Harsha A.S	" M.A Economics	[Signature]
12	Anupama C.S	" MA Malayalam	[Signature]
13	Aushaya V.S	" "	[Signature]
14	JEESEEMA T.J	" "	[Signature]
15	Needhu P.D	" "	[Signature]
16	Arya Ramesh	" "	[Signature]
17	Roshna Raj V.R	" "	[Signature]
18	Anjana Rajendran	1 <sup>st</sup> MA. Economics	[Signature]
19	Abhirami P	1 <sup>st</sup> MA. Economics	[Signature]
20	Sneha K.B	" "	[Signature]
21	Athya K.S	" "	[Signature]
22	Nimisha T.S	" "	[Signature]
23	Vidyamol K.S	" "	[Signature]
24	Ashidha B.A	" "	[Signature]
25	ROHAN	Beam Tax Self	[Signature]
26	Heaven	"	[Signature]

ക്രമ നമ്പർ	പേര്	വിഭാഗം	പേര്
1	Anjusha.PJ	B.com Finance & Taxation (R)	Anjusha
2	Aiswarya K.V	B.com Finance & Taxation (R)	Aiswarya
3	Aparna Thambi	B.com Finance & Taxation (R)	Aparna
4	ASHITHA K.S	BSc Zoology	Ashitha
5	Adithya Parvathy	Bsc botany	Adithya
6	Anakha Kc	Bsc botany	Anakha
7	Sneha Subash	Bsc botany	Sneha
8	Krishnapriya Ajith	Bsc botany	Krishnapriya
9	Ananya KM	Bsc zoology	Ananya
10	Sreelekshmi T.M	Bsc zoology	Sreelekshmi
11	Parvathy.C.V	BSc Physics	Parvathy
12	Aaga P.R	Bsc physics	Aaga
13	Akhila T.B	Bcom O.M & SP	Akhila
14	Shanif K.H	Bcom O.M & SP	Shanif
15	Krishna N.S	Bcom O.M & SP	Krishna
16	Asna N.S	Bcom O.M & SP	Asna
17	Sharon K.J	" "	Sharon
18	Gokul S Kumar	" "	Gokul
19	Gokul Krishna	B.Com F.T	Gokul
20	Abhishek	" "	Abhishek
21	Vignesh	" "	Vignesh
22	Ahmad	" "	Ahmad
23	Abhinav	" "	Abhinav
24	Angel M Raju	" "	Angel
25	Aswathy	" "	Aswathy
26			

ബോധിതർ പട്ടിക  
 ബോധിതർ പട്ടിക [11.30 am to 1.30 pm]

ക്രമ നമ്പർ	പേര്	വിഭാഗം	ബോധി
1	ROHITH RAJ P R	B.Sc CHEMISTRY	<del>Praveen</del>
2	VIMAL K VIJAYAN	B.Sc CHEMISTRY	<del>Praveen</del>
3	Sarath Ramesh	BSc Chemistry	<del>Praveen</del>
4	Akshay A S	BSc chemistry	<del>Praveen</del>
5	Indrajith VP	Bsc chemistry	<del>Praveen</del>
6	Heera. T.R	Bsc. chemistry	<del>Praveen</del>
7	Asya K.S	Bsc. Chemistry	<del>Praveen</del>
8	Nandana. K.M	Bsc. Chemistry	<del>Praveen</del>
9	Amita Mithal Das	B.sc chemistry	<del>Praveen</del>
10	Aswany Krishna P.S.	Bsc chemistry	<del>Praveen</del>
11	Anusha Peter	M.Sc Mathematics	Anusha
12	Krishna C.S	M.Sc Mathematics	Lakshmi
13	Saurama	Msc Mathematics	Praveen
14	Geopika Ashokan	Msc Mathematics	<del>Praveen</del>
15	Simna Samil	"	<del>Praveen</del>
16	Apazha Radhakrishnan	"	<del>Praveen</del>
17	Nandhana Krishna KP	"	<del>Praveen</del>
18	Jitha Varghese	"	<del>Praveen</del>
19	Jaseena. P.M	Bsc chemistry	<del>Praveen</del>
20	Geopika T.D	"	<del>Praveen</del>
21	Geopika. TR	"	<del>Praveen</del>
22	Anjana K.R	"	<del>Praveen</del>
23			
24			
25			