



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. Viji M P**
- 3. Organizing Department/Cell : Malayalam**
- 4. Date : 18th&19th November 2021**
- 5. Number of participants: 27**
- 6. Venue: Seminar Hall**
- 7. Resource Person/s : T R SARATH**
- 8. Objective of the Program : To create awareness about Meditation and its application among students.**
- 9. Detailed description of the event:** SNM College, Malyankara, 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 faced by the students after the opening of the colleges, making the students more mentally strong and making the study more interesting. It was decided to conduct these classes in four batches of 10 students Classes based on Katharsis' were conducted by Mr. TR Sarath, teaching at Cheranallur Little Flower School, research student on 'Humanity in Gurudeva's Works', radio jockey, actor, mime artist and state level trainer of

Photo



11.List of participants

meditation workshop - 2021-2022

<u>വിദ്യാർത്ഥിമാരുടെ പേര്</u>	<u>കോസ്റ്റ്</u>	<u>ഒപ്പ്</u>
1 തിരുനമ്പല V.B	ILMA malayalam	<u>Anujs</u>
2 ശ്രീനീലം AV	"	<u>greshma</u>
3 അനീക K.S	"	<u>gopika</u>
4 ശില്പ P.S	"	<u>Shilpa</u>
5 പാർവ്വതി K.S	"	<u>Panathy</u>
6 അനീക K.S	"	<u>gopika</u>
7 തിരുനമ്പല V.B	"	<u>Anujs</u>
8 തിരുവല്ല രാമചന്ദ്രൻ	IBA malayalam	<u>Anujs</u>
9 തിരുച്ചിക്ക് T.S	"	<u>Adarsh</u>
10 സുഖ്യ ദിവിപ്	"	<u>sukhye</u>
11 Leena M.S	"	<u>Leena</u>
12 ശ്രീനീലം AV	"	<u>greshma</u>
13 ബിജിത K.B	"	<u>Bigitha</u>
14 നീലം P.D	IBA malayalam	<u>Neetha</u>
15 ദീപതി K.P	"	<u>Deepthi</u>
16 തിരുനമ്പല O.A	"	<u>Anupama</u>
17 അനീക. രാജ് V.R	"	<u>Rajeev</u>
18 തിരുവിതാംകൂർ K.R	"	<u>Radhi, Nanda</u>
19 അനീക T.S	"	<u>Anujs</u>
20 തിരുവല്ല M.M	"	<u>Aksho</u>

21	ശ്യാമ A.V	IBA malayalam	<u>Smethu</u>
22	തോഷയ V.S	"	<u>Akshaya</u>
23	മേരിലിന്ദി	"	<u>Meri</u>
24	ജോയൻ സമീ	"	<u>Joyan</u>
25	മാളു A.S	"	<u>Malu</u>
26	ജയദേവ്	"	<u>Jayadev</u>
27	ശ്യാമ ഗിരിജൻ	"	<u>Smethu</u>