5.1.3 (7) YOGA AND MEDITATION

Details of Programmes conducted for Five Years

SL NO	Year	Number of Programmes
1	2018-2019	1
2	2017-2018	1
3	2016-2017	1
4	2015-2016	5
5	2014-2015	1

Brena 3. sheroy DIRECTOR - S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

Details of "YOGA AND MEDITATION PROGRAMMES"

SL NO	DATE	Year	TOPIC	RESOURCE PERSON
1	02.08.2018 & 03.08.2018	2018-2019	Yoga and Meditation	Ms. Shravya. Jain
2	03.10.2017 to 13.10.2017	2017-2018	Yoga and Meditation	Shri Yogarathna Gopalakrishna Delampady
3	19.09.2016 to 26.09.2016	2016-2017	Yoga and Meditation	Shri Yogarathna Gopalakrishna Delampady
4	29.02.2016	2015-2016	Heartfulness Meditation	Dr.UdayaLakshmi, KMC,Mangalore
5	08.02.2016	2015-2016	Meditation Session	Rajini Prasad & Radhakrishna Kumble
6	02.02.2016	2015-2016	Meditation Session	Rajini Prasad & Radhakrishna Kumble
7	02.02.2016	2015-2016	Motivational talk & Meditation	Rajini Prasad & Radhakrishna Kumble
8	13.10.2015 & 14.10.2015	2015-2016	Yoga and Meditation	Shri Yogarathna Gopalakrishna Delampady
9	08.09.2014	14 2014-2015 Yoga and Meditation		Shri Yogarathna Gopalakrishna Delampady

Suma S. Sharwy DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)



S D M COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH

MANGALURU - 575 003

Phone: 0824-2496009 0824-2496809

.

Website : www.sdmcbm.ac.in

E-mail : sdmcbm@gmail.com

NOTICE

1.08.2018

Yoga session will be conducted in the College Auditorium on 2nd and 3rd August 2018 for the students of II year MBA. The yoga tutor and SDM MBA Alumni Ms. Shravya will be conducting the session. All the students of II year MBA requested to attend the session.

Geena S. Shiney.

DIRECTOR S.D.M Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme) WORKSHOP ON YOGA AND MEDITATION 2018-19

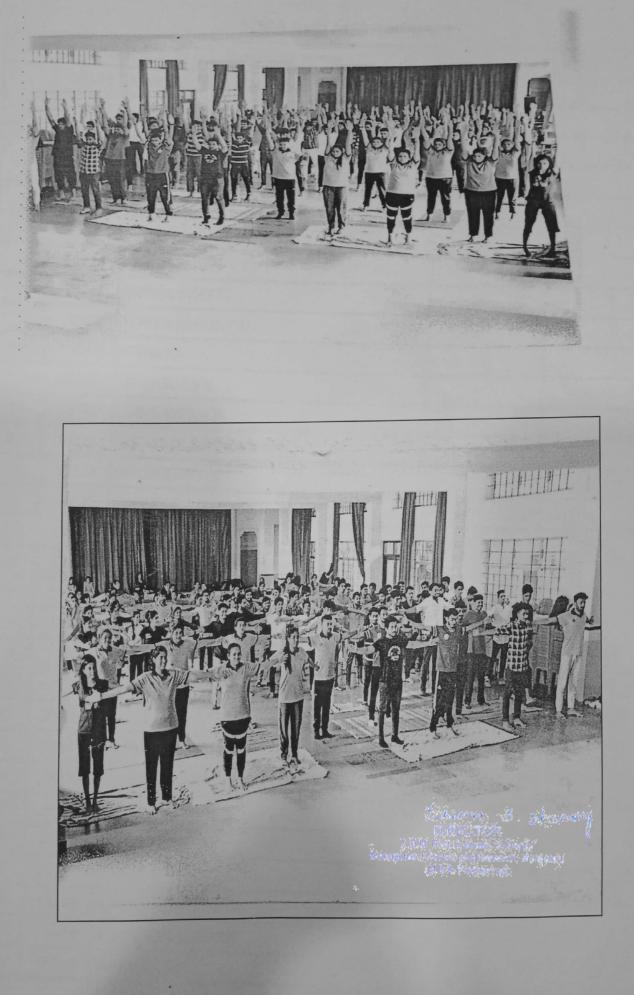




A workshop was conducted at SDM PG Center, Mangaluru by Ms. Shravya, alumnus of the college. The session was conducted on 2nd and 3rd August 2018 from 11 am to 1 pm. The students from II Year MBA actively participated in the workhop. She is presently pursuing Msc. In Bangalore. She also said that willpower is needed to reach the goal. She also explained as to when and why yoga must be practiced.

Scanned by CamScanner

WORKSHOP ON YOGA AND MEDITATION 2018-19



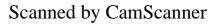
SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH, MANGALURU

IST YEAR MBA 2018-19

YOGA AND MEDITATION

1 2	18102 18103	ABDUL AL ARMAAN		
	18103			
	10103	AKASH M SHETTY	1	· /
3	18106	AKSHATHA ACHARYA B	/	
4	18107	AKSHATHA KAMATH	· a	~
5	18109	AMRUTH L RAI		
6	18112	ANUSHA SUVARNA		\checkmark
7	18114	ARUN PRABHU		
8	18115	ASHVAL SHETTY	~	5
9	18118	ATHIRA ASHOK P M		1
10	18119	АТНМІКА	\checkmark	1
11	18120	BHAVISHA S R	\checkmark	a
12	18122	CHINGAPPA A P	U	-
13	18123	CLENSTER ANTHONY LOBO		a
14	18124	DAKSHAYINI	V	~
15	18125	DEEKSHA	V	~
16	18129	DHANYA		a
17	18132	DIVYA (D/O BALAKRISHNA NAIK)	a	V
18	18133	DIVYA (D/O LAXMAN)	L	5
19	18134	FATHIMA MISHCUATH	L	
20	18136	GAURAV M	L	~
21	18138	HARSHVARDHAN PATIL	1	~
22	18139 J	AIDEEP A RAO	a	<i>i</i>
23	18141	KARTHIK KUMAR	a	a
24	18143 I	KEERTHISHREE SOMAN PUTHRAN		a
25	18145 I	LEONA STRELITA P	α	
26	18146 I	LIBIN KABEER		
27	18147 I	LIKHITHA RAO U		
28	18148 I	LINESH AVIL DSOUZA		
29		M SANJANA KAMATH		
		MANIKANTA D	N	

Seema 3 sherroy DIRECTOR - S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)



I ST YEAR MBA 2018-19

Sl. No.	Roll No.	Candidate Name	Aug. R	AUQ 3
31	18152	MELROY KENUTE LOBO		
32	18153	MILI R VACHHANI		L
33	18155	MOHAMMED AFRIDI		\checkmark
34	18157	MOHAMMED RAZI	α	
35	18158	MOHAMMED SAHIL		V
36	18159	MOHAMMED SHAAN DASTAGIR		V
37	18160	NANAIAH M G	· · ·	V
38	18163	ΝΑΥΥΑ Κ	a	\checkmark
39	18167	PAVITHRA (D/o Neelayya K Poojary)		V
40	18169	PRABHU SUMA SHRIPATHI VIDYA		<i>i</i> ⁄
41	18171	PRAJWAL K		
42	18174	PRATHEEK D	a	a
43	18176	PREEMA PINTO		a
44	18177	RAJ KIRAN. K	L	
45	18181	RAMITHA	L	
46	18183	RITHESH KUMAR SHETTY	~	
47	18189	SARANG. P	2	
48	18191	SHAILESH P S	a	V
49	18192	SHAMITH KUMAR		a
50	18193	SHARUN S HEGDE		
51	18196	SHEIKH MOHAMMED SHARIQ		
52	18198	SHREEDHARA D C	U	
53	18199	SHREYAS BHAT K	L	
54	18201	SMITHA	a	a
55	18208	SUSHMITHA QUEENY DSOUZA		
56	18209	TEJASWINI		
57	18211	UMA	V	
58	18214	VARSHITHA D	a	
59	18215	VEEKSHA SHETTY V		a
60	18220	ZAINABUL RUBEENA		CL ·

YOGA AND MEDITATION

Suma 3. Shanoy DIRECTOR SDM Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme).

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH, MANGALURU

I ST YEAR MBA 2018-19

Т

YOGA AND MEDITATION

SI. No	Roll N	Candidate Name	Bug R	Aug 3
61	181	A ARON CON DSOUZA		a
62	4	<u>KHII</u>		
00	1810	ANSHAT PAT		
64	18108	ALST		~
65	18110	ANJ. VA		a
66	18111	ANUH		
67	18113	ADORV		
68	18116	A: IW K	~	a
69	18117	А. Л. АН	0-	
70	18121	CHA L P		\checkmark
71	18126	DEEKSHA SHETTY		\checkmark
72	18127	DENVER CHRIS CUTINHA		
73	18128	DHANUSH		. /
74	18130	DHANYASHREE		\checkmark
75	18131	DISHA SHETTY	1	0
76	18135	FAYAZ H	Q.	Q
77	18137	HARSHA Y SALIAN		
78	18140	K NOORJAHAN		
79	18142	KARTIK NAVUND	a	
80	18144	KIRAN S M	L/	
81	18151	MELISHA SHALMA SEQUEIRA	~	<i>✓</i>
82	18154	MOHAMMAD SHIHAAB MOODBIDRI	a	
83	18156	MOHAMMED ASHHAR		CL CL
84	18161	NANDISH		
85	18162	NAVEEN MANJUNATH SHETTY		
86			a	
87				a
88		and and the second s		V
89		(/ · · · · · · · · · · · · · · · · · ·	L	
90	18170	PRADEEPA N B	a	

Suma 3 Shenoy DIRECTOR - S.D.M. Post Graduate Centre foi Management Studies and Research, Mangaluru (M.B.A. Programme)

1

Sl. No.	Roll No.	YOGA AND MEDITA Candidate Name		
91	18172	PRANESH SHENOY	Hug 2	Aleg . 3
92	18173	PRATHAP B K	<i></i>	2
93	18175	PRATHIKSHA	4	~
94	18178	RAJAT M L	a	L
95	18179	RAJESH SALIAN M H		a
96	18180	RAKSHA R SHETTY		
97	18182	RAMYASHREE		
98	18184	RIZA BAKSH		
99	18185	SAGAR KUMAR B	<u> </u>	
100	18186	SAHANA S		9
101	18187	SANDESHA		<u>a</u>
102	18188	SAPNA		
103	18190	SATHVIK S SHETTY		. /
104	18194	SHEEBA		
105	18195	SHEETAL D SALIAN		
106	18197	SHIRALI R CHOWTA		
107	18200	SHRUTHI KAMATH	a	
108	18202	SONAL FERRAO	V	CL
109	18203	SRIDEVI	V	Cl.
110	18204	SUCHANYA P	L	
111	18205	SUHAIR ALI. K. T	V	L
112	18206	SUMANTHKUMAR SHE <mark>TTY</mark>	V	L
113	18207	SUSHMITHA K	<i>U</i>	V
114	18210	THUSHAR	~	V
115	18212	VAISHALI	a	4
116	18213	VALENTINO MATHIAS	\mathcal{L}	Ċ
117	18216	VEEKSHITHA	~	a
118	18217	VIOLA VENITA LEWIS	α	i
119	18218	VIVAN JOSHWA DSOUZA		L
120	18219	YUDISHREE SHETTY	L	a.

YOGA AND MEDITATION

Suma S. Shenoy DIRECTOR SDM Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

Canal State



S D M COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH

MANGALURU - 575 003

Phone: 0824-2496009 0824-2496809

E-mail : sdmcbm@gmail.com Website : www.sdmcbm.ac.in

NOTICE

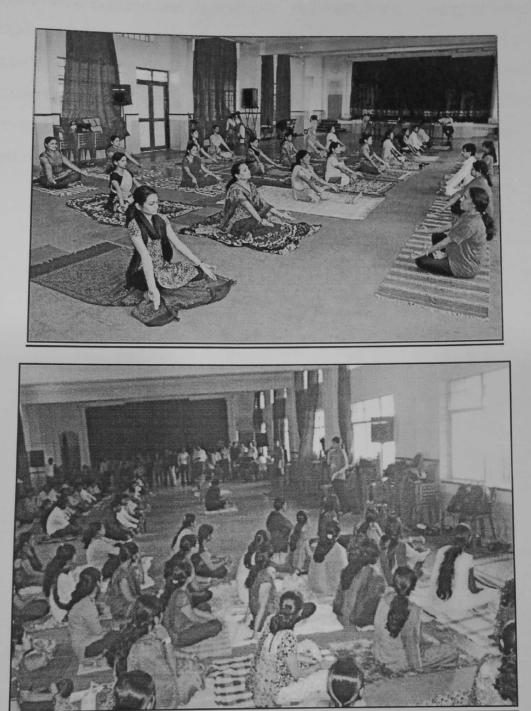
1.10.2017

The Yoga trainer Sri. Yogaratna Gopalakrishna Delampady will be conducting the yoga and meditation session between 3^{rd} to 13^{th} October 2017 for 9 days. All the students of II year MBA are request to actively participate in the 9 days long workshop on yoga and meditation instructed to attend the Yoga and Meditation session on 3^{rd} to 13^{th} October 2017.

S.D.M. Post Graduate Centre for Management Studies and Research, Mangeluru (M.B.A. Example)

Geema 3. Shenoy.

WORKSHOP ON YOGA AND MEDITATION 2017-18



A workshop was conducted at SDM PG Centre, Mangaluru. The workshop was conducted by Shri Yogarathna Gopalakrishna Delampady commenced from 3rd October 2017 and ended on 13th October 2017 and was conducted for a period of 9 days. The students of II Year MBA actively participated in the workshop. Sir explained as to when and why yoga must be practiced.

He said early morning is the ideal time for yoga practice but it can also be practised in the evening and yoga should not be practised in hurry or when you are exhausted. Sir taught the concepts of Mudra Yoga which is a hand gesture that guides the energy flow to specific areas of the brain. Sir briefed and made the students practice Color therapy which is an alternative therapy that uses colors and their frequencies to heal physical and emotional problems. This session was very useful to students to learn new aspects of yoga.

Suma S. Shenoy DIRECTOR SD.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH, MANGALORE SECTION - A

II YEAR MBA 2017-2018

YOGA AND MEDITATION

SI.No.	Roll No.	YOGA AND N Name of the student	oct 3		0ct 5"	of the	out q'	oet ioth	oct "	04-12#	af 13th
1	16101	A YOUSUF FAIZAL		<u>a</u>	1V	V	V		V	V	\checkmark
2	16102	ABHILASH A		V		~	V	/	~	2	/
3	16105	ABHISHEK U		V	~	A	V	/	V	De	\checkmark
4	16107	AHAMMED REFAHI		V	~	V	V	/	V	V	\checkmark
5	16108	AHMAD KABEER	~	~	~	V	V		\checkmark	~	/
6	16109	AISHWARYA	~	V	~	V	V	\checkmark	V	V	/
7	16110	ΑΙΥSHA V Α	A	V	\checkmark	\checkmark	V	\checkmark	~	V	~
8	16112	AMRUTHA B G	V	V	V	V	V	\checkmark	V	V	
9	16116	ASHRAYA SHETTY	V	V	\checkmark	\checkmark	V	~	V	\checkmark	
10	16120	ASHWINI M P	V	~	a	\checkmark	\vee	/	~	\checkmark	
11	16121	BALACHANDRA	V	~	V	\checkmark	V	/	V	~	~
12	16123	DHANANJAYA B	A	~	V	\checkmark	\checkmark	/	~	V	\lor
13	16124	EVAN ELDROY MENDONSA	V	a	\vee	\checkmark	V	~	V	\checkmark	\checkmark
14	16126	FATHIMATH ASHFEENA	V	er	V	\checkmark	\vee	1	~	V	~
15	16128	G A ABOOBACKER AFSAL	V	\checkmark	\checkmark	A	a	~	~	~	~
16	16129	GAUTHAM L C	~	\checkmark	\checkmark	V	\checkmark	/	~	\checkmark	~
17	16132	HAYAVADANA BHAT	~	V	~	\checkmark		/	V	\checkmark	\checkmark
18	16134	JAISON LEROY PEREIRA	\checkmark	\checkmark	\checkmark	A	1	/	~	\checkmark	
19	16136	K SHILPA KUMARI	\checkmark	\checkmark	\checkmark	\checkmark	V	/	\checkmark	\checkmark	
20	13140	LIKHITHA JAIN S	\checkmark	\checkmark	V	\checkmark	ert	Q	1	~	~
21	13142	MAHAMMED FURQAN	\checkmark	\checkmark	V	V	1	1/	\checkmark	a	
22	13146	MEZA MARIYAM	\checkmark	\checkmark	\checkmark	\checkmark	V	1	V	\checkmark	a
23	16148	MOHAMMED IRSHAD	A	\checkmark	V	A	ert	~	V	~	V
24	16149	MOHAMMED MEHAZEEF	A	V	\checkmark	\checkmark	ert V	1	~	~	C
25	16151	MOHAMMED SAOOD	V	~	V	\checkmark	V	~	V	V	
26	16152	MOHAMMED SHAHIL	~	V	V	V	V	a	V	V	~
27	16158	MUZAIN H M	V	~	a	\checkmark	V	\checkmark	V	V	\checkmark
28	16159	NAMRATHA	V	~	V	\vee	V		~	2	

Suma 3. Sharwy DIRECTOR SDM Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

II YEAR MBA 2017-2018

	YOGA AND ME				and a low of street, and	and a class way bracker in the		11		1
Roll No.	Name of the student	001 3.a	00 H''	00 5"	09 p.	od am	oct 10"	00 "	03 10.	1 + 12:15
16160	NAMRATHA SHETTY V	V	V	V	Land	<u> </u>	Landre	V	V	
16162	NAVYA L K	er	~	~	V	\checkmark	1	and a state of the local day	2	2
16166	NIDHISH S SHETTY	V	V	V	and the second s	<u> </u>	-			and and
16168	NIKHIT REDDY	V	V	\checkmark		$\overline{\checkmark}$			d	-
16172	PAVITHRA K PURANIK	V	V	V	~		-	A DECEMBER OF STREET, S		L
16174	PRANESH	~	~	V	A	V		1	A	
16178	RAJESH A B	er		\checkmark	n	V	~	and the second se	and and and the second second	
16180	RAKSHITHA	~		\checkmark		V		Contraction of the	1	
16181	RAKSHITHA G SHETTY	\checkmark	V	\checkmark			~	Contraction of the local division of the		
16183	RESHMA M BANGERA	\checkmark		a	V				The second states of the second	
16185	ROOPITHA C P	V	\checkmark	on	\checkmark	V	V		•••••••••••••••	~
16187	SANKETH P N	V	0	V		V	/		and an international states and	~
16190	SHARVIN AMBROSE BARBOZA	V	01				~		the state of the state of state	/
16191	SHASHANK U G	~	\checkmark		\checkmark	V				
16193	SHEREEN EDNA DSOUZA	V	V			V	~		1	
16195	SHILPA BENGRE	\checkmark	V				~			
16198	SHRUTI JADHAV	\checkmark	\checkmark	/		V	~			
16199	SHWETHA S	\checkmark	V		V	\checkmark			of Language Colonge Processing	
16200	SIIDDIQ FAIZAL	V.	\checkmark	\checkmark	V	V	/			
16201	SIMAK M H	\checkmark	~	a	\checkmark	~				14
16204	SOWJANYA S A	\checkmark	V	\checkmark	V	V		V		4
16207	SUMAN BABU SHETTY	\checkmark	\checkmark	V	\checkmark	0~			~	
16208	SUSHMA LIZIA MENEZES	\checkmark	\checkmark	a	\checkmark	\checkmark	1	\checkmark		~
16209	TANEDAR BHARADWAJ	\checkmark	\checkmark	\checkmark	V		1	er		
16211	VIGNESH S SHETTY	\checkmark	\checkmark	\checkmark	~					
16213	VIJETH KUMAR J	\checkmark	\langle	a	\checkmark	~	1			
16214	VIJETH PAI V	\checkmark	\checkmark	\checkmark	V	a	1		_	
16219	YASHASWI RAI	V	o.	V	A	~	er		-	
	ZAINABHA FAHIZA	~	\checkmark	1/	A				V	
	16160 16162 16166 16168 16172 16174 16174 16174 16174 16174 16174 16174 16174 16174 16174 16174 16187 16183 16185 16193 16193 16193 16193 16193 16193 16193 16193 16193 16193 16193 16193 16200 16201 16203 16204 16207 16208 16209 16211 16213 16214 16219	Roll No. Name of the student 16160 NAMRATHA SHETTY V 16162 NAVYA L K 16166 NIDHISH S SHETTY 16166 NIDHISH S SHETTY 16166 NIDHISH S SHETTY 16167 PAVITHRA K PURANIK 16172 PAVITHRA K PURANIK 16174 PRANESH 16175 RAJESH A B 16180 RAKSHITHA 16181 RAKSHITHA G SHETTY 16183 RESHMA M BANGERA 16184 RAKSHITHA G SHETTY 16185 ROOPITHA C P 16187 SANKETH P N 16188 ROOPITHA C P 16189 SHARVIN AMBROSE BARBOZA 16190 SHARVIN AMBROSE BARBOZA 16191 SHARVIN AMBROSE BARBOZA 16193 SHEREEN EDNA DSOUZA 16194 SHILPA BENGRE 16195 SHILPA BENGRE 16196 SIIDDIQ FAIZAL 16200 SIIDDIQ FAIZAL 16201 SIMAK M H 16202 SUSHMA LIZIA MENEZES	Roll No. Name of the student (1) 16160 NAMRATHA SHETTY V // 16162 NAVYA L K Ø. 16162 NIDHISH S SHETTY // 16166 NIDHISH S SHETTY // 16168 NIKHIT REDDY // 16172 PAVITHRA K PURANIK // 16174 PRANESH // 16178 RAJESH A B O. 16180 RAKSHITHA G SHETTY // 16181 RAKSHITHA G SHETTY // 16180 RAKSHITHA G SHETTY // 16181 RAKSHITHA G SHETTY // 16183 RESHMA M BANGERA // 16184 RAKSHITHA C P // 16185 ROOPITHA C P // 16187 SANKETH P N // 16189 SHARVIN AMBROSE BARBOZA // 16190 SHARVIN AMBROSE BARBOZA // 16191 SHASHANK U G // 16193 SHEREEN EDNA DSOUZA // 16193	Roll No. Name of the student Item of the student Item of the student Item of the student 16160 NAWRATHA SHETTY V V V 16162 NAVYA L K QA V 16162 NAVYA L K QA V 16164 NIDHISH S SHETTY V V 16168 NIKHIT REDDY V V 16172 PAVITHRA K PURANIK V V 16174 PRANESH V V 16174 PRANESH V V 16178 RAKSHITHA G SHETTY V V 16180 RAKSHITHA G SHETTY V V 16181 RAKSHITHA G SHETTY V V 16183 RESHMA M BANGERA V V 16184 RAKSHITHA C P V V 16185 ROOPITHA C P V V 16186 SHARVIN AMBROSE BARBOZA V V 16190 SHARVIN AMBROSE BARBOZA V V 16193 SHEREEN EDNA DSOUZA V V 16193 SHEREEN EDNA DSOUZA	Roll No. Name of the student ()	Roll No. Name of the student Roll No. NAMRATHA SHETTY V L C L L L L L L L <thl< th=""> L <thl< th=""> L L L</thl<></thl<>	Roll No. Name of the student Q ¹ /3 ⁻¹⁰	Roll No. Name of the student Q ¹ M ²	Roll No. Name of the student (1) <td>Roll No. Name of the student QL^{3/4} QL^{3/4} QL^{3/4} QL^{3/4} QL^{4/4} Q</td>	Roll No. Name of the student QL ^{3/4} QL ^{3/4} QL ^{3/4} QL ^{3/4} QL ^{4/4} Q

YOGA AND MEDITATION

Silima S. Shenoy DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

Scanned by CamScanner

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH, MANGALORE

SECTION - B

II YEAR MBA 2017-2018

YOGA AND MEDITATION

SI.No.	Roll No.	YOGA AND MED Name of the student	at3mo	of hm	OCH 5th	out oth	00 14	oct 8th	out 9th	oction	OCF 1PH
58	16103	ABHILASH A V	V	er	\mathcal{V}	\checkmark	\checkmark	\checkmark	V	\checkmark	~
59	16104	ABHISHEK K	A	2	\checkmark	~	V	/	~	~	\checkmark
60	16106	ADITHI SHENOY	\checkmark	\checkmark	\checkmark	\checkmark	1/		0	\checkmark	\checkmark
61	16114	ANUSHA S	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	/	V	V	V
62	16115	ARJUN K	A	\checkmark	\checkmark	~	V	/	V	V	
63	16117	ASHURA ZAINABA	\checkmark	\checkmark	V	A	V		V	~	V
64	16118	ASHWATHNARAYAN	\checkmark	\checkmark	\checkmark	A	V		V	V	V
65,	16119	ASHWINI G K	\checkmark	\checkmark	\checkmark	\checkmark	V		~	V	V
66	16122	DEEKSHITH G	A	\checkmark	~	\checkmark	V	/			V
67	16125	FATHIMA SHIKA	\checkmark	\checkmark	\checkmark	A	V	/			
68	16127	FLEMING CHRISTAN LOBO	\checkmark	\checkmark	\checkmark	V	V	~			~
69	16130	GOWTHAM K J	V	\checkmark	\checkmark	~	V				
70	16131	HARIDAS NAMBIAR P	\checkmark	a		V	V		e.		V
71	16133	ISHWARYA B	\checkmark	\checkmark	a	~	V	~	~		10
72	16135	K RAGHURAMA RAO	\checkmark	\checkmark	V	1	V	~	~		~
73	16137	KEERTHI KUMARI U P	\checkmark	\sim	V	~	V				
74	16138	KOWSHIK SHETTY B	\checkmark	~	V	A	V		V		·
75	16139	KRITHIKA M RAO	\checkmark	~	V		V		· Q-	\checkmark	V
/ 76	16141	MAHAMED MOOSA SHAFWAN	~	V			V	- /		3-	
77 [.]	16143	MAHAMMED SAFWAN B H	\checkmark	V	\checkmark	V	V			· ~	
78	16144	MANOJ RAI B R	\checkmark	~	V	• ~	· V				· \
79	16145	MARIANA CRYSTAL D ROZARIO	\sim	~							
80	16147	MOHAMMED ATIF SHARIEFF	V	~	On		V				C
81	16150	MOHAMMED RAMEEZ	~	\checkmark			V				10
82	16153	MOHAMMED THANSEER B	A	\checkmark		ν	/ V		í Q	- V	1 -
83	16154	MOIDEEN RISHAD M	A	~			1 L			1~	/ _
84	16155	MUHAMMED ADNAN HAFEEZ	\checkmark	~	\checkmark	" v	1		L	~~	
85	16157	MUHSEENA M A	V		V	~~~	1	0	- 1	10	12
86	16161	NARASIMHARAJU S N	V	~		1	1		~	1	~ ~
87	16163	NIDHI	V	V	a		0		V	/	

II YEAR MBA 2017-2018

100 141 ojam out oth OCHH butom act 11th 0434 od 5th OUT-Sth Name of the student Roll No. SI.No. L \checkmark L V NIDHI B BALEGAR V 16164 88 a a ì \checkmark V NIDHI N KUNDER 1 $\mathbf{\nu}$ 16165 89 a V ۱. 1 NIHAL UR RAHAMAN \checkmark ι L 16167 90 V \checkmark 4 L V ٤ NISHANTH 16169 91 (V V NITHIN KUMAR S \checkmark V 92 16170 v L $\boldsymbol{\nu}$ r V NUTHAN S SUVARNA 93 16171 V 1 \mathbf{v} L **POOJA NAGESH** L 94 16173 \mathcal{V} 0 V \checkmark A \mathbf{v} 95 PRATHIKSHA \checkmark L ۱ 16175 \checkmark \checkmark PREETHI K A 96 L V 16176 V v \checkmark 6 PUNITHA S S 97 \checkmark ٤ ١ 16177 $\mathbf{\nu}$ V \mathcal{V} l a **RAKSHITH KUMAR P** L 98 V 16179 V V ν V C RANJITH V 99 16182 \mathcal{V} $\mathbf{\nu}$ \vee V \checkmark \checkmark **RIZWANA** 100 16184 Δ \vee V \checkmark \sim 1 V SANDEEP SUBRAMANYA SHET V 101 a 16186 L \checkmark v \checkmark SARTHAK \checkmark V 102 16188 \checkmark \vee V V SHAINA SHIVANAND V S 103 \checkmark 16189 V 11 \checkmark \smile SHEIK MOHAMMED FAYAZ 1 en 104 16192 V V a 1 V SHILPA ANCHAN 105 16194 \checkmark \checkmark or V 1 SHREYA C S \checkmark V 106 16196 V L SHREYAS KINI S V V ~ 107 16197 A \checkmark SOORYA NARAYANA V ~ V ~ \checkmark 108 16202 \mathcal{V} V \checkmark SOUMYA GOVINDA HEGDE 1 A レ 109 16203 \mathbf{v} ١. \checkmark SPARSHA KANTH \checkmark V \checkmark \checkmark レ CL a 110 16205 V \checkmark SUHAIM AHMED 16206 V 111 V V \checkmark L VARUN NAYAK K \checkmark \mathcal{V} \checkmark \checkmark V 112 16210 \mathcal{V} 0 \checkmark \checkmark VIJAY ASHLEY RODRIGUES K \checkmark Q Qu V 113 16212 V 6 \checkmark \checkmark VINUSHA HEGDE B \checkmark V V V 114 16215 Or VISHAKH K \checkmark a 1 1/ V ١. 115 16216 A YASHASWI RAI \checkmark ١. V a 116 16218 YASHWITHA BANGERA A 1/ A 16220 117

YOGA AND MEDITATION

x 20

Sterna S. Sharvey DIRECTOR - SD M Post Graduate Centre for Managament Studies and Research, Mangaluru (M BA, Programme)



S D M COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH

Phone : 0824-2496009 0824-2496809 **MANGALURU - 575 003**

E-mail : sdmcbm@gmail.com Website : www.sdmcbm.ac.in

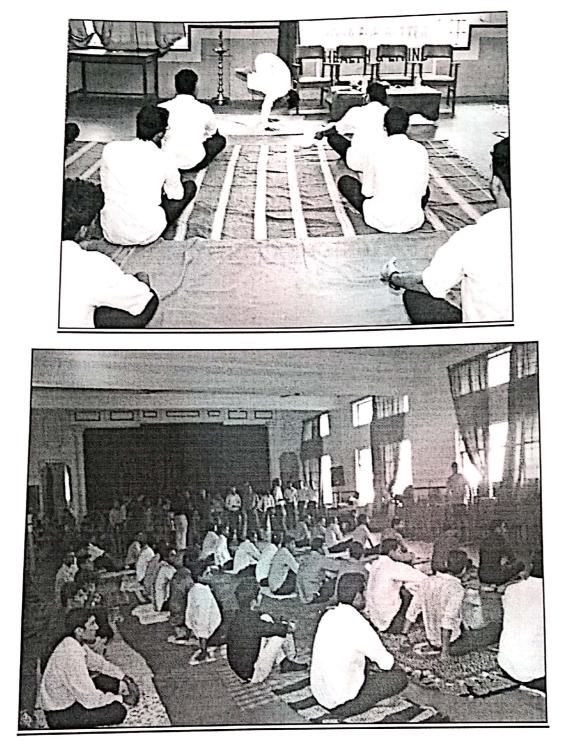
NOTICE

10.09.2016

The Yoga trainer Sri. Yogaratna Gopalakrishna Delampady will be conducting the yoga and meditation session between 19th to 26th September 2016 for 8 days. All the students of II year MBA are request to actively participate in the 8 days long workshop on yoga and meditation instructed to attend the Yoga and Meditation session on 13th and 14th October 2015.

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangalu (M.B.A. Programme)

WORKSHOP ON YOGA AND MEDITATION 2016-17



1

A workshop on Yoga was held in the auditorium of SDM PG Centre, Mangaluruby Yogarathna Gopalakrishna Delampady for a period of8 days. The workshop commenced from 19thSeptember 2016 to 26th September 2016. The students of IFYear MBA took part in the workshop actively. During the

session the students were very keen on knowing more about Yoga. Delampady sir insisted on the practices of yama (refraining), niyama (observances), asana (posture), pranayama (breath control), pratyahara (withdrawal of senses), dharana (concentration), dhyana (meditation) and Samadhi (absorption), which are the 8 limbs of Yogathat are helpful to lead a healthy and happy life. The students of SDM PG centre enjoyed the session on demonstration of difficult postures by Shri Delampady and his assistants.

Director

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH, MANGALORE I J^{\$TD} YEAR MBA 2016

~

)

Internet Sph ¹ (M) Sph ¹ (M	SI.No.	Roll No.	YOGA AND M	EDITA		J		_				
16101 A YOUSUF FAIZAL			Name of the student	Supran	SUP+2	-Bipt 21	erbjj	Sept 23	sipt 24	Sept 25	Cept 20H	5
10102 Abrillash A V			A YOUSUF FAIZAL	~	V	V	/	1	V		<u> </u>	
10105 ABRISHEK U V		16102	ABHILASH A	V		V	/	\checkmark	V		~	
1010/ NHAMMED REFAHI Image: Constraint of the second		16105	ABHISHEK U	V	/	V	/	\checkmark	1		~	
10108 NIMAD KABEER U V		16107	AHAMMED REFAHI			V	/	~	V		-	1.
6 16109 AISHWARYA U V <		16108	AHMAD KABEER	12	~	V	/	\checkmark	V			
16110 ATASA VA U V <t< td=""><td></td><td>16109</td><td>AISHWARYA</td><td>V</td><td>/</td><td>V</td><td>/</td><td>V</td><td>V</td><td>/</td><td></td><td></td></t<>		16109	AISHWARYA	V	/	V	/	V	V	/		
9 16111 AMRUTHA B G V	7	16110	AIYSHA V A	L	/	1	/	V	V	/		
10 16112 AMUSHA R KUNDER U U V V V V 11 16113 ANUSHA R KUNDER U V V V V V V 11 16116 ASHRAYA SHETTY V V V V V V V 12 16120 ASHWINI M P V	8	16111	ΑΚΑՏΗΑ Κ	V	/	V	/	\checkmark	V			
10 16113 ANUSHA R KUNDER U V	9	16112	AMRUTHA B G	V	/	a	/	\checkmark	V			1
12 16120 ASHWINI M P V	10	16113	ANUSHA R KUNDER	V	/	1	/	/	V		\checkmark	
12 16120 ASHWINI M P V	11	16116	ASHRAYA SHETTY	V	/	V	/		V		/	
14 16123 DHANANJAYA B V	12	16120	ASHWINI M P	V	/	V	/	1	1		~	
14 16123 DHANANJAYA B // // // // // // // // 15 16124 EVAN ELDROY MENDONSA // // // // // // // // // // 16 16126 FATHIMATH ASHFEENA // <t< td=""><td>13</td><td>16121</td><td>BALACHANDRA</td><td>V</td><td>/</td><td>V</td><td></td><td>~</td><td>1</td><td></td><td></td><td></td></t<>	13	16121	BALACHANDRA	V	/	V		~	1			
16 16126 FATHIMATH ASHFEENA V <td>14</td> <td>16123</td> <td>DHANANJAYA B</td> <td>1/</td> <td>/</td> <td>V</td> <td></td> <td>\checkmark</td> <td></td> <td></td> <td></td> <td></td>	14	16123	DHANANJAYA B	1/	/	V		\checkmark				
17 16128 G A ABOOBACKER AFSAL V<	15	16124	EVAN ELDROY MENDONSA	V	/	V	~	1	1		~	
18 16129 GAUTHAM L C V V V V V V 0 19 16132 HAYAVADANA BHAT V V V V 0 20 16134 JAISON LEROY PEREIRA V V V V V V V 21 16136 K SHILPA KUMARI V V V V V V V 22 13140 LIKHITHA JAIN S V V V V V V V 23 13142 MAHAMMED FURQAN A V </td <td>16</td> <td>16126</td> <td>FATHIMATH ASHFEENA</td> <td>V</td> <td>/</td> <td>V</td> <td>_</td> <td>~</td> <td>1</td> <td></td> <td>~</td> <td></td>	16	16126	FATHIMATH ASHFEENA	V	/	V	_	~	1		~	
10 10123 10	17	16128	G A ABOOBACKER AFSAL	V	/	V	/	V	V			
19 16132 HAYAVADANA BHAT V	18	16129	GAUTHAM L C	V	/	V	_	~	1		a	
20 16134 1 <td>19</td> <td>16132</td> <td>HAYAVADANA BHAT</td> <td>V</td> <td>/</td> <td>V</td> <td></td> <td>1</td> <td>V</td> <td></td> <td></td> <td></td>	19	16132	HAYAVADANA BHAT	V	/	V		1	V			
21 16136 K SHILPA KUMARI V	20	16134	JAISON LEROY PEREIRA	V	/	V	0	/	1			
22 13140 V <td>21</td> <td>16136</td> <td>K SHILPA KUMARI</td> <td>V</td> <td></td> <td>$\frac{1}{V}$</td> <td>-</td> <td>V</td> <td></td> <td></td> <td></td> <td></td>	21	16136	K SHILPA KUMARI	V		$\frac{1}{V}$	-	V				
23 13142 MAHAMMED FURQAN A Image: Constraint of the constraint of	22	13140	LIKHITHA JAIN S	1V	•		/	~			-	
24 13146 MEZA MARIYAM V		13142	MAHAMMED FURQAN	a		-	_	\checkmark				
25 16148 MOHAMMED IRSHAD V V V V V 26 16149 MOHAMMED MEHAZEEF V V A V V 27 16151 MOHAMMED SAOOD V V V V V 28 16152 MOHAMMED SHAHIL V V V V V		13146	MEZA MARIYAM	V	/	V	/	/	1			
26 16149 MOHAMMED MEHAZEEF V A V A V V A V V A V V V A V V V A V			MOHAMMED IRSHAD	V		1		~	1-	~	1	
27 16151 MOHAMMED SAOOD V			MOHAMMED MEHAZEEF	1	_	V		A			1	
28 16152 MOHAMMED SHAHIL			MOHAMMED SAOOD	V	/	V	_				-	
			MOHAMMED SHAHIL	1	-	V	/	1	1	/	/	
29 16158 MUZAIN H M			MUZAIN H M	V	/	V	/				/	
23 10135 0 <td></td> <td></td> <td>NAMRATHA</td> <td>V</td> <td>1</td> <td>V</td> <td>/</td> <td>$\overline{\checkmark}$</td> <td>G</td> <td></td> <td>/</td> <td></td>			NAMRATHA	V	1	V	/	$\overline{\checkmark}$	G		/	

IST YEAR MBA 2016

YOGA AND MEDITATION

		YUGA AND MEL				- 27	02		1,25	, 26
Sl.No.	Roll No.	Name of the student	sighter .	54Pt 20	8431	Sut 22	sept 23	Sept 24	Sept 25	Septab
31	16160	NAMRATHA SHETTY V	1	~	V	/	~	V		
32	16162	NAVYA L K	V	/	\mathcal{V}	/	\checkmark			/
33	16166	NIDHISH S SHETTY	V	/	V	/	\checkmark			/
34	16168	NIKHIT REDDY	V		V	/	\checkmark	V		/
35	16172	PAVITHRA K PURANIK	V	Q	V	/	\checkmark	V		a
36	16174	PRANESH	V	/	\checkmark	/	\checkmark		1	
37	16178	RAJESH A B	V	/	V	/	\checkmark	V	<u> </u>	/
38	16180	RAKSHITHA	V	/	V	/	\checkmark	V		/
39	16181	RAKSHITHA G SHETTY	V	/	V	/	/	1		
40	16183	RESHMA M BANGERA	V	/	V	/	\checkmark			V
41	16185	ROOPITHA C P	V	a	\checkmark	/	\checkmark	1		
42	16187	SANKETH P N	~	/	V	/	\checkmark	V		
43	16190	SHARVIN AMBROSE BARBOZA	~	/	V	a	\checkmark		/	~
44	16191	SHASHANK U G	V	/	\checkmark	Ζ,		V	<u> </u>	
45	16193	SHEREEN EDNA DSOUZA	V	/	\checkmark	1	~	V		
46	16195	SHILPA BENGRE	V	/	V	/	\checkmark	V	a	V
47	16198	SHRUTI JADHAV	V	/	V	/	/	V		V
48	16199	SHWETHA S	a	/	V	/	\checkmark	1		/
49	16200	SIIDDIQ FAIZAL	1	/	V	/	\checkmark	V		1
50	16201	SIMAK M H	V	~	\mathcal{V}	/	~	1		
51	16204	SOWJANYA S A	V	V	V	/	A			
52	16207	SUMAN BABU SHETTY	1	/	V	/	~	\mathcal{V}		a
53	16208	SUSHMA LIZIA MENEZES	V		V	V	~			
54	16209	TANEDAR BHARADWAJ	V	/		~	V			
55	16211	VIGNESH S SHETTY	V	~			\checkmark			~
56	16213	VIJETH KUMAR J	V	/	a		\checkmark			V
57	16214	VIJETH PAI V	1	/	~	/	\checkmark	L		1
58	16217	VIVEK K	V	-	V	~	\checkmark	V		
59	16219	YASHASWI RAI		-	V		V	V		1.
60	16221	ZAINABHA FAHIZA		-						

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH, MANGALORE

IST YEAR MBA 2016

sl.No.	Roll No.	Name of the student	Saple		Suptal	40129	Sept 2	3 KOLI	4 S1pt 25	Cala
61	16103	ABHILASH A V	Sar.	AP.	11.01	[npios	1	1	US MIN	Stpt26
62	16104	АВНІЅНЕК К	V	1	1		A	a		
63	16106	ADITHI SHENOY				-		a		
64	16114	ANUSHA S		a		-				
65	16115	ARJUN K		u		/				~
66	16117	ASHURA ZAINABA								/
67	16118	ASHWATHNARAYAN								
68	16119	ASHWINI G K				/				/
69	16122	DEEKSHITH G	V		V	-			0	~
70	16125	FATHIMA SHIKA	1		V	-		1	a	/
71	16127	FLEMING CHRISTAN LOBO	V		a			1	~	
72	16130	GOWTHAM K J		/	a	-	V		/	~
73	16131	HARIDAS NAMBIAR P	V	/	V	-/	V	1	<u> </u>	\checkmark
74	16133	ISHWARYA B		/	V	-	~			/
75	16135	K RAGHURAMA RAO		/	V	/	1	L.		~
76	16137	KEERTHI KUMARI U P	V	/	V	1	~	L	~	~
77	16138	KOWSHIK SHETTY B	V	/	V	/	~	L	/	\checkmark
78	16139	KRITHIKA M RAO	V	/	~	/	~	1-	/	\checkmark
79	16141	MAHAMED MOOSA SHAFWAN	V	/	V	/	~		_	~
80	16143	MAHAMMED SAFWAN B H	2	/	V	/	\checkmark		_	\checkmark
81	16144	MANOJ RAI B R	V	\checkmark	~	/	/	1		/
82	16145	MARIANA CRYSTAL D ROZARIC	V	\checkmark	V	/	\checkmark	L		/
83	16147	MOHAMMED ATIF SHARIEFF	~	_	V	/	\checkmark	L	/	\checkmark
84	16150	MOHAMMED RAMEEZ	~	~	$ \vee $	a	\checkmark	V	_	/
85	16153	MOHAMMED THANSEER B	~	\checkmark		-	\checkmark	L	/	/
86	16154	MOIDEEN RISHAD M	\checkmark	/	V	/	\checkmark	-	/	/
87	16155	MUHAMMED ADNAN HAFEEZ	\checkmark	/		/	\checkmark	V	/	~
88	16157	MUHSEENA M A	\checkmark	/	~	/	~	~	/	/
89	16161	NARASIMHARAJU S N	5	/	\mathcal{V}	/	12	\mathcal{V}	/	en
90	16163	NIDHI	V		~	-	~		/	

YOGA AND MEDITATION

Scanned by CamScanner

JST YEAR MBA 2016.

YOGA AND MEDITATION										
sl.No.	KUII INO.	the student	Sept	9 SIPT		1 12		21		
91	16164	NIDHI B BALEGAR	1		o suplar	Sibt 3	2 Sept 3	3 Septat	sipt25	Supt 24
92	16165	NIDHI N KUNDER				-	~	2	\sim	/
93	16167	NIHAL UR RAHAMAN		a		/	V	L		1
94	16169	NISHANTH				/	V	L	\sim	/
95	16170	NITHIN KUMAR S				/	V	1-	\checkmark	/
96	16171	NUTHAN S SUVARNA				/	V		\checkmark	\checkmark
97	16173	POOJA NAGESH				/	~	L	\checkmark	
98	16175	PRATHIKSHA			V	/				/
99	16176	PREETHI K				/		, L-		~
100	16177	PUNITHA S S	V			/				\checkmark
101	16179	RAKSHITH KUMAR P	V			/	~			or _
102	16182	RANJITH	V		1		V			
103	16184	RIZWANA	V		1	a	V			~
104	16186	SANDEEP SUBRAMANYA SHE	TV	/	1		~			~
105	16188	SARTHAK	V	/	V	-	\checkmark			
106	16189	SHAINA SHIVANAND	V	~		-	\checkmark	u		\checkmark
107	16192	SHEIK MOHAMMED FAYAZ	1	~	4	/	\checkmark			e
108	16194	SHILPA ANCHAN		/		/	\checkmark	$\boldsymbol{\mathcal{V}}$		~
109	16196	SHREYA C S	~	/	~	/	\checkmark	V	<u> </u>	~
110	16197	SHREYAS KINI S	V	/	V	/	\checkmark	V	Q	\checkmark
111	16202	SOORYA NARAYANA	V	/	2	/	1	u	/	\checkmark
112	16203	SOUMYA GOVINDA HEGDE	1	/		/	A	V	_	1
113	16205	SPARSHA KANTH	V	/	V	<	\checkmark			
114	16206	SUHAIM AHMED	V		1	/	V		a	\checkmark
115	16210	VARUN NAYAK K	~	/	u	-	\checkmark	L		\checkmark
116	16212	VIJAY ASHLEY RODRIGUES K	~	/	5	/	\checkmark	L		\checkmark
117	16215	VINUSHA HEGDE B	V	<u> </u>	r	/	\checkmark	L	/	a
118	16216	VISНАКН К	V	a	1	-	~	arphi	/	\checkmark
119	16218	YASHASWI RAI	V	\checkmark	L	-/	/	1		\checkmark
120	16220	YASHWITHA BANGERA	\checkmark	\checkmark	5		~		\checkmark	~







SHRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH MANGALURU - 575 003 (MBA PROGRAMME)

hone: 0824-2496009 / 2496809 ax: 0824-2496080

E-mail : sdmcbm@gmail.com Website : www.sdmcbm.ac.in

NOTICE

28/01/2016

Students are instructed to attend the Motivational Talk and Meditation Session on 01/02/2016 .Resource person for the session Ms. Rajini Prasad will deliver an Inspirational speech on Motivation and Mr. Radha Krishna Kumble will Conduct an Meditation Session .

DIRECTOR DIRECTOR S.D.M Post Graduate Centre for

Motivational talks and meditation session

Date: 01.02.2016 Title: Motivational talks and meditation session Resource person: Rajani Prasad Radhakrishna Kumble Venue: Conference hall

The session was conducted for the students of SDM College of Business Management Postgraduate Centre Mangalore. The resource person gave a talk on the positive impact of Meditation. The speaker also gave an insight into how yoga or Meditation can help balance one's life. He also conducted the meditation session and briefed the students to how it is useful for them to maintain peace in life. He told on the different ways to do the meditation.

The students enjoyed the session and received a lot of encouragement from the resource person. This session was very useful and all the students actively participated in it .

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

S D M COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH

MANGALURU - 575 003

Phone : 0824-2496009 0824-2496809

E-mail : sdmcbm@gmail.com Website : www.sdmcbm.ac.in

NOTICE

01.02.2016

All the students are instructed to attend the Meditation session on 2nd February 2016. The Resource person for the same are Ms. Rajani Prasad and Mr. Radhakrishna Kumble . All the students are requested to be present in the Conference Hall sharp 3:00 pm.

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.S.A. Gramme)

Meditation session

Date: 02.02.2016 Title: Meditation session Resource person: Rajani Prasad and Radhakrishna Kumble Venue: Conference hall

The session was conducted to make students aware of the benefits of meditation, how to meditate and to also learn the differentiation between the mindful meditation and relaxed meditation. The practical session was conducted for the students. And they learnt the different ways to do meditation. There was also an interaction between the students and the resource person where students cleared their doubts and the better knowledge was gained.

The students enjoyed the programme and also got a live learning experience of meditation. This was helpful to the students to learn practically and also understand better.

Director

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)



S D M COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH

Phone : 0824-2496009 0824-2496809 MANGALURU - 575 003

E-mail : sdmcbm@gmail.com Website : www.sdmcbm.ac.in

NOTICE

04.02.2016

All the students are instructed to attend the Meditation session on 8th February 2016. The Resource person for the same are Ms.Rajani Prasad and Mr.Radhakrishna Kumble . All the students are requested to be present in the Conference Hall sharp 3:00 pm.

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangalur (M.B.A. Programme)

Meditation session

Date: 08.02.2016

Title: Meditation session

Resource person: Rajani Prasad and Radhakrishna Kumble

Venue: Conference hall

SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangalore conducted the sessions on meditation session for the wellbeing of the students. the speakers stressed more on how meditation is important today in this stressful life. In this competitive world with challenges and competition it is necessary to keep our life balanced.Hence yoga plays a major role in life of students today.The students learnt to be at ease, calm, contentment and compassion. They had a wonderful time during the session and enjoyed the practical learning too. They were all motivated to perform the session in their daily life. This was a useful session and had a lot of benefits in it

Director

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)



_

SHRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH MANGALURU - 575 003 (MBA PROGRAMME)

hone : 0824-2496009 / 2496809 ax : 0824-2496080

.

1

E-mail : sdmcbm@gmail.com Website : www.sdmcbm.ac.in

NOTICE

27/02/2016

Students are instructed to attend the Guest Lecture on "Heartfulness Meditation" on 29/02/2016. Resource persons for the session are Dr. Udayalakshmi, KMC, Mangalore.



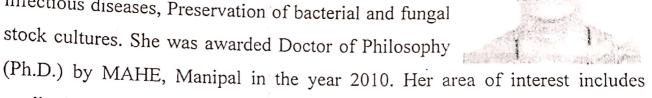
GUEST LECTURE ON HEARTFULNESS MEDITATION

Date: 29-02-2016

Venue: Conference Hall

Resource Person Profile:

Dr. J Udayalakshmi, Associate Professor, Department of Microbiology, KMC Mangalore. Her area of expertise include Microbiological techniques used in diagnosis of infectious diseases, Preservation of bacterial and fungal stock cultures. She was awarded Doctor of Philosophy



meditation, yoga and philosophy.

Lecture:

Dr. Udayalakshmi explained to students that heartfulness is a simple and subtle practice of meditation that connects each of us with the light and love in our hearts. She dwelled on various advantages of meditation in general and heartfulness meditation in particular. She re-iterated that meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. She elaborated upon the different techniques and their respective range of benefits to an individual who is practicing the same regularly. She concluded the guest lecture with a question answer session that helped the students to clarify their concerns regarding their own capacity to practice meditation.

DIRECTOR S.D.M. Post Graduate Centre for Kanagement Studies and Research, Mangaluru (M.B.A. Programme) Scanned by CamScanner

S D M COLLEGE OF BUSINESS MANAGEMENT Post graduate centre for management studies and research

Phone : 0824-2496009 0824-2496809 MANGALURU - 575 003

E-mail : sdmcbm@gmail.com Website : www.sdmcbm.ac.in

NOTICE

10.09.2015

All the students are instructed to attend the Yoga and Meditation session on 13th and 14th October 2015. The Yoga trainer Sri. Yogaratna Gopalakrishna Delampady will be conducting the session. All the students are hereby requested to bring their own mats and yoga dress and be present in the Auditorium at sharp 10:00 am.

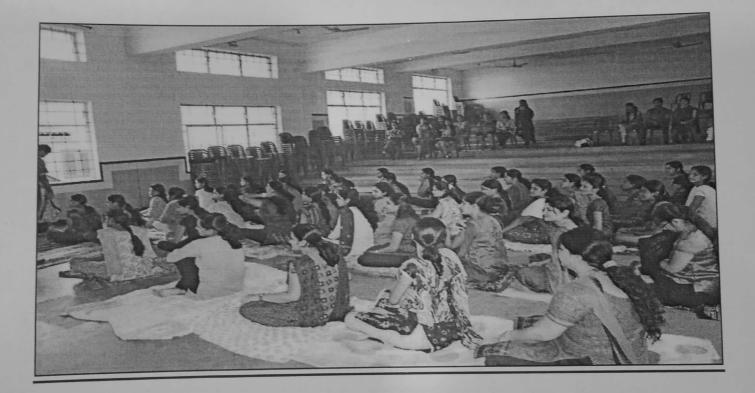
DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

WORKSHOP ON YOGA AND MEDITATION 2015-16



A workshop on Yoga and Meditation was conducted by Yogarathna Gopalakrishna Delampady for a period of 2 days in the auditorium at SDM PG Centre, Mangaluru on 13th October 2015 and continued on 14th October 2015.

The students from 1ST Year MBA took part in the workshop actively. He spoke on how Yoga is also related with the spiritual life. He added on to saying spirituality can be enhanced if one practices yoga daily. Yoga should be practiced under the guidance of a guide or a teacher. The main emphasis made by the instructor was for the college going students to develop their physical fitness, mental development and emotional stability.



ctor

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangaluru (M.B.A. Programme)

D

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT I ST YEAR MBA 2015-16 STUDIES AND RESEARCH

	SI.		Ro		YOGA AND MED	YOGA AND MEDITATION				
	ł	No.	No	<u>).</u>	Student Name	13th	14th Octobez			
	ł	1	151		ABUBACKER KOLA	October	001000			
	+	2	151	07	AISHWARYA V RAO	Ŧ	v			
	+	3	151	11	ANUSH D					
	\vdash	4	1511	_	ANVITH D PUTHRAN					
	\vdash	5	1511	_	ARJUN V K					
	\vdash	6	1511	-	ASHWIN BALAN					
	\vdash	7	1511	_	BINOY B KRISHNAN					
	\vdash	8	1512	0 [DEEKSHA KARKERA	a				
	-	9	1512	1 [DEEPIKA RAO					
		10	1512	7 J	AFAR SHAREEF		V			
	1	.1	15128	3 J	ASHIM P K					
	1	2	15130) J	ASMINE PRIYA COELHO	Q-				
	1	3	15131	J.	EEVAN G D					
	1	4	15132	JI	ESMITHA DSOUZA		1			
	1!	5	15134	ĸ	AVYALAXMI					
	16	5 ⁻	15135	K	ERTHAN	1				
	17	7	15137	K	DMAL B SURVE					
	18	: 1	5138	ĸ	DUSALYA PUROHITH	a _				
Γ	19	1	5141	LIF	КНІТНА К		•			
Γ	20	1	5142	MA	AHALAXMI BHANDARKAR P					
F	21	1	5147	MA	ANU K ACHARYA					
F	22	1!	5148	МЕ	LISHA MARY REBELLO					
	23	15	5152	мс	HAMMED NESEEF					
	24	15	5154	МО	HAMMED SHAMSHEER		<u>\</u>			
	25	15	155	мо	HAMMED YUSUF		æ			
12	26	15	156	мо	HANRAJ					
$\frac{1}{2}$.7	15	157	МО	HEZZA ZABEEN					
-	8	15	159	MUI	HAMMED IRFAN					
2	-+	15	160	MUH	HAMMED RASHEED G	\checkmark				
3(+	151	161 N	NUH	ISIN VALIYA PEEDIKAYIL					
		and the later	ndn CVer I				Compad by Compa			

I ST YEAR MBA 2015-16

SI.	Roll	YOGA AND MEDIT	ATION	
No. 31	No.	Student Name	J. M.	14th celoty
	15163	NAVYASHREE N J	13 Certeren	a
32		NEHA INGALE	u -	
33	15166	NISHA RAMKRISHNA BHOVI		
34	15167	NITHESH KUMAR		
35	15169	PAVAN ISAC		
36	15170	PRAJWAL B SALIAN		1
37	15173	PRAVEEN		
38	15174	PRIYANKA	a	~
39	15175	PUNDALIKA S SHENOY		
40	15176	RABIYA BEGUM		
41	15177	RAJASHREE SHET B		1
42	15179	RITHESH	0-	a
43	15180	SAMPRAS SNEHAL MARTIS		
44	15185	SAYYED ARKAM		
45	15186	SHARATH KUMAR T R		a .
46	15188	SHIHABUDHEEN K H		
47	15191	SHRUTI GANESH SHET	\checkmark	
48	15193	SNEHA JANARDHAN MANGESHKAR		
49	15195	SOMAIAH K D		
50	15196	SREERATH N		
51	15197	SRINANDI S D	0-	
52	15204	SUTIKA J		~
53	15206	SYED HASSAN SAQUIB S M		
54	15207	SYED MOHAMMED SAFWAN		
55	15210	TRISHAL		
56	15211	TUKARAM NAIK		a
57	15213	UMESHA H K		
58	15214	VASEEM AKRAM	N	
59	15217	VINAYAKA L		
60	15219	VIVEK M		
			A CONTRACTOR OF A CONTRACTOR	1

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT

ا st YEAR MBA 2015-16

D

STUDIES AND RESEARCH

No. Student Name 61 15101 ABHISHEK 62 15102 ABHISHEK SHETTY 63 15103 ABHISHEK GOWDA D A 64 15104 ABOBACKER ASIF 65 15106 AHMMED KABEER M K 66 15108 AKASH ANANTH KODKANI 67 15109 AKSHATHA S 68 15110 ANOKA JAIN K B 69 15115 ASHWINI SADANAND NAIK 70 15116 BAJITH B K 71 15117 BHARATHESH P R 72 15119 CHETAN BABULAL PATEL 73 15122 DLAN L P 74 15123 FATHIMA INAYA 75 15124 GANESHA 76 15125 HARSHAVARDHANA 77 15124 GANESHA 78 15129 JASHWANTH D 79 15130 KARTHIK C HULLATTI 79 15130 KRATHIK C HULLATTI 79 15130 KRATHIK C HULLATTI	SI.	Roll	YOGA AND MEDIT	TATION	
62 15102 ABHISHEK SHETTY					
63 15103 ABHISHEKA GOWDA D A 64 15104 ABOBACKER ASIF 65 15106 AHMMED KABEER M K 66 15108 AKASH ANANTH KODKANI a 67 15109 AKSHATHA S	61	15101	ABHISHEK		
64 15100 ABINSHERA GOWDA D A Image: Comparison of the comparison	62	15102	ABHISHEK SHETTY		
64 15104 ABOBACKER ASIF	63	15103	ABHISHEKA GOWDA D A		a
10100 AKASH ANANTH KODKANI AKASH ANANTH KODKANI AKASH ANANTH KODKANI AKSHATHA S 15109 AKSHATHA S AKSHATHA S ANOKA JAIN K B 15115 ASHWINI SADANAND NAIK ASHWINI SADANAND NAIK IS116 BAIJITH B K IS117 BHARATHESH P R IS112 DILAN L P CHETAN BABULAL PATEL IS122 DILAN L P IS123 FATHIMA INAYA GANESHA IS124 GANESHA IS125 HARSHAVARDHANA IS124 GANESHA IS125 HARSHAVARDHANA IS126 JAS P V IS129 JASHWANTH D CM T6 15126 HARSHAVARDHANA IS133 KARTHIK C HULLATTI IS133 KARTHIK C HULLATTI T6 15135 KRATHIKA IS139 KRATHIKA IS139 KRATHIKA IS139 KRATHIKA IS140 MAHAMMAD IRFAN IS144 MAHAMMAD IRFAN IS145 MAHAMMAD ZIYAD IS144 MAHAMMAD ZIYAD IS145 MANASA IS146 MANASA IS144 MAHAMMAD SAFVAN A IS15145 MOHAMMED SAFVAN A IS150<td>64</td><td>15104</td><td></td><td></td><td></td>	64	15104			
67 15109 AKSHATHA S 2 68 15110 ANOKA JAIN K B	65	15106	AHMMED KABEER M K		
67 15109 AKSHATHA S 68 15110 ANOKA JAIN K B 69 15115 ASHWINI SADANAND NAIK 70 15116 BAIJITH B K 71 15117 BHARATHESH P R 72 15119 CHETAN BABULAL PATEL 73 15122 DILAN L P 74 15123 FATHIMA INAYA 75 15124 GANESHA 76 15125 HARSHAVARDHANA 76 15126 IJAS P V 78 15129 JASHWANTH D 78 15129 JASHWANTH D 78 15129 JASHWANTH D 79 15138 KARTHIK C HULLATTI 80 15136 KHAZI MOHAMMED SAQLAIN 81 15139 KRATHIKA 82 15140 LATHESH S 83 15143 MAHAMMAD IRFAN 84 15144 MAHAMMAD IRFAN 85 15145 MANSA 86 15146 MANORAMA NAYAK 87 15149 MOHAMMED SAIVAE 88 15	66	15108	AKASH ANANTH KODKANI		a
69 15115 ASHWINI SADANAND NAIK	67	15109	AKSHATHA S	a	
15110 NOTIVITY SADANAND NAIK 70 15116 BALJITH B K 71 15117 BHARATHESH P R 72 15119 CHETAN BABULAL PATEL 73 15122 DILAN L P 74 15123 FATHIMA INAYA 75 15124 GANESHA 76 15125 HARSHAVARDHANA 77 15126 IJAS P V 78 15129 JASHWANTH D 78 15129 JASHWANTH D 80 15136 KHAZI MOHAMMED SAQLAIN 81 15139 KARTHIK C HULLATTI 80 15136 KHAZI MOHAMMED SAQLAIN 81 15139 KRATHIKA 82 15140 LATHESH S 83 15143 MAHAMMAD IIFFAN 84 15144 MAHAMMAD ZIYAD 85 15145 MANASA 86 15146 MANORAMA NAYAK 87 15149 MOHAMMAD SAFVAN A 88 15150 MOHAMMED SAIVAF	68	15110	ANOKA JAIN K B		
71 15117 BHARATHESH P R	69	15115	ASHWINI SADANAND NAIK		
72 15119 CHETAN BABULAL PATEL 73 15122 DILAN L P 74 15123 FATHIMA INAYA 75 15124 GANESHA 76 15125 HARSHAVARDHANA 77 15126 IJAS P V 78 15129 JASHWANTH D 79 15130 KARTHIK C HULLATTI 80 15136 KHAZI MOHAMMED SAQLAIN 81 15130 KRATHIKA 82 15140 LATHESH S 83 15143 MAHAMMAD IRFAN 84 15144 MAHAMMAD ZIYAD 85 15145 MANASA 86 15146 MANORAMA NAYAK 87 15149 MOHAMMED SAFVAN A 88 15140 MAHAMMAD ZIYAD	70	15116	ВАІЈІТН В К	1	
73 15122 DILAN L P	71	15117	BHARATHESH P R		
74 15123 FATHIMA INAYA A 75 15124 GANESHA A 76 15125 HARSHAVARDHANA A 77 15126 IJAS P V A 78 15129 JASHWANTH D A 79 15133 KARTHIK C HULLATTI A 80 15136 KHAZI MOHAMMED SAQLAIN A 81 15139 KRATHIKA A 82 15140 LATHESH S A 83 15143 MAHAMMAD IIFFAN A 84 15144 MAHAMMAD ZIYAD A 85 15145 MANASA A 86 15146 MANORAMA NAYAK A 87 15149 MOHAMMED ANAS T A A 88 15150 MOHAMMED FAYAZ M A 89 15151 MOHAMMED SAIVAE A	72	15119	CHETAN BABULAL PATEL		
75 15124 GANESHA	73	15122	DILAN L P		
76 15125 HARSHAVARDHANA	74	15123	FATHIMA INAYA		a
77 15126 IJAS P V	75	15124	GANESHA	$\overline{\mathbf{V}}$	
78 15129 JASHWANTH D α 79 15133 KARTHIK C HULLATTI 4 80 15136 KHAZI MOHAMMED SAQLAIN 4 81 15139 KRATHIKA 6 82 15140 LATHESH S 4 83 15143 MAHAMMAD IRFAN 4 84 15144 MAHAMMAD ZIYAD 4 85 15145 MANASA 4 86 15146 MANORAMA NAYAK 6 87 15149 MOHAMMED ANAS T A 4 88 15150 MOHAMMED FAYAZ M 4	76	15125	HARSHAVARDHANA		$\overline{\mathbf{V}}$
78 15123 JOSITIWARTITIC U 79 15133 KARTHIK C HULLATTI U 80 15136 KHAZI MOHAMMED SAQLAIN U 81 15139 KRATHIKA U 82 15140 LATHESH S U 83 15143 MAHAMMAD IRFAN U 84 15144 MAHAMMAD ZIYAD U 85 15145 MANASA U 86 15146 MANORAMA NAYAK U 87 15149 MOHAMMED SAFVAN A U 88 15150 MOHAMMED FAYAZ M U 89 15151 MOHAMMED SAIYAE U	77	15126	IJAS P V		
80 15136 KHAZI MOHAMMED SAQLAIN • 81 15139 KRATHIKA • 82 15140 LATHESH S • 83 15143 MAHAMMAD IRFAN • 84 15144 MAHAMMAD ZIYAD • 85 15145 MANASA • 86 15146 MANORAMA NAYAK • 87 15149 MOHAMMED ANAS T A • 88 15150 MOHAMMED FAYAZ M •	78	15129	JASHWANTH D		a
81 15139 KRATHIKA • 82 15140 LATHESH S • • 83 15143 MAHAMMAD IRFAN • • 84 15144 MAHAMMAD ZIYAD • • 85 15145 MANASA • • 86 15146 MANORAMA NAYAK • • 87 15149 MOHAMMED ANAS T A • • 88 15150 MOHAMMED FAYAZ M • •	79	15133	KARTHIK C HULLATTI		
61101008215140LATHESH S8315143MAHAMMAD IRFAN8415144MAHAMMAD ZIYAD8515145MANASA8615146MANORAMA NAYAK8715149MOHAMMAD SAFVAN A8815150MOHAMMED ANAS T A8915151MOHAMMED FAYAZ M	80	15136	KHAZI MOHAMMED SAQLAIN		
82 15143 MAHAMMAD IRFAN 83 15143 MAHAMMAD IRFAN 84 15144 MAHAMMAD ZIYAD 85 15145 MANASA 86 15146 MANORAMA NAYAK 87 15149 MOHAMMAD SAFVAN A 88 15150 MOHAMMED ANAS T A 89 15151 MOHAMMED FAYAZ M	81	15139	KRATHIKA	e	1
83 15144 MAHAMMAD ZIYAD	82	15140	LATHESH S		
81 15145 MANASA	83	15143	MAHAMMAD IRFAN		
8515140MANORAMA NAYAKC8615146MANORAMA NAYAKC8715149MOHAMMAD SAFVAN AC8815150MOHAMMED ANAS T AImage: Comparison of the second	84	15144	MAHAMMAD ZIYAD		
80 NOTAGE 87 15149 MOHAMMAD SAFVAN A A 88 15150 MOHAMMED ANAS T A Image: Comparison of the second	85	15145	MANASA		
87 15149 MOHAMMURD ON CONTACT 88 15150 MOHAMMED ANAS T A 89 15151 MOHAMMED FAYAZ M	86	15146	MANORAMA NAYAK	e	
88 10100 89 15151 MOHAMMED SAIVAE	87	15149	MOHAMMAD SAFVAN A	æ	a
	88	15150	MOHAMMED ANAS T A		
90 15153 MOHAMMED SAIYAF	89	15151	MOHAMMED FAYAZ M		
	90	15153	MOHAMMED SAIYAF	a	0-

ا⁵¹ YEAR MBA 2015-16

SI.	Roll	YOGA AND MEDI	TATION	
NO.	No.	Name		1
91	15158	MUHAMMAD GAFOOR		
92	15162	NAMBOODIRI SREEJITH SAMBHU		
93	15165	NEHA P		
94	15168	NIVEDITHA		
95	15171	PRANAVYA GOPALAN		e
96		PRATHEEKA R M		
97	15178	RAKSHITH		
98	15181	SANCHAYA K J		er
99	15182	SANDESH S	1	a
100	15183			
101	15184	SAPNA A PEDNEKAR		
101	15187	SAURABH		a
				a
103	15189	SHREYA SHETTY		
104	15190	SHRIMITHA SUVARNA	a	0-
105	15192	SHUBHANGI SHARMA		
106	15194	SNIGDHA RAJ		
107	15198	SUAID HASSAN SIDDIQUE		
108	15199	SULAIMAN THANSEEM		
109	15200	SUMAN H M		1
110	15201	SUPRABHA K KUDVA		
111	15202	SUSHMITHA DEVADIGA		
112	15203	SUSHMITHA N S	a	a
113	15205	SYED AHAMED SUHAIB		
114	15208	TEJASHREE		
115	15209	THANSEERA	a	
116	15212	U DIVYA KINI		Q
117	15215	VENKATESH S RAO		
118	15216	VIGNESH KUMAR J		
119	15218	VISHAL KOTYAN	a	a
120	15220	YOGITHA		



S D M COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH

Phone : 0824-2496009 0824-2496809

MANGALURU - 575 003

E-mail : sdmcbm@gmail.com Website : www.sdmcbm.ac.in

NOTICE

06.09.2014

All the students are instructed to attend the Yoga and Meditation session on 8th September 2014. The Yoga trainer Sri Yogaratna Gopalakrishna Delampady will be conducting the session. All the students are hereby requested to bring their own mats and yoga dress and be present in the Auditorium at sharp 2:00 pm.

DIRECTOR S.D.M. Post Graduate Centre for Management Studies and Research, Mangalur (M.B.A. Programme)

WORKSHOP ON YOGA AND MEDITATION 2014-15



A workshop on Yoga and Meditation was conducted by Shri Yogarathna Gopalakrishna Delampady for a period of 1 day in the auditorium at SDM PG Centre, Mangalore. It was held on 8th September 2014. The session was held at 3 pm to 5.30 pm. Shri Yogarathna Gopalakrishna Delampady conducted the yoga and meditation session. The students attended these classes with a lot of interest to learn Yoga. The students quoted that it helped them to increase concentration and studies. It is a good hobby that everyone should practice to maintain their fitness and health.

DIRECTOR S.D.M. Post Graduate Centre for nagement Studies and Research, Mangaluru (M.B.A. Programme)

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT

I ST YEAR MBA 2014-15

See St

STUDIES AND RESEARCH, MANGALORE OS THE SUDIES AND RESEARCH, MANGALORE

	SI. No.	Roll N	YOGA AND N	IEDITATION
	1		NAMEOR	Allendan ee
	2	1410	1 AARON AGNEL RODRIGUES	
	3	1410	ABDUL LATHEEF P F	
	4	14104	ABOUL RAHIMAN MUKTHAR	
	5	14106	TABOUL RAHIMAN T	CL
	6	14107		
	7	14108	ANASH G	C1
Γ	8	14109	A BALLAL	<i>u</i>
	9	14112	A MITH PALK	
	10	14117	A BALAKRISHNA SHETTY	
	1	14118	NOTIVIN V RAO	
	+	14119		
		14120	STRATICA K	
1	-	14123	CHETHAN D	
1.		14124	DEEKSHA JAIN	
10	5 2	14127	DESSAI TRUPTI DEEPAK	
17	7 1	L4128	DHEERAJ SHET	a
18	3 1	4136	ISMAIL GHAZI RUKNUDDIN	
19) 1	.4137	JOCIL ROSHAN MASCARENHAS	
20	1	4140	KAVYA SHREE	
21	1	4143	ΚRΑΤΗΙΚΑ U Κ	a
22	1	4144	ΚΡΙΤΗΙ Κ ΚΟΤΙΑΝ	
23	1	4147	MANJUNATHA	
24	14	4148	MEGHA J RAO	
25	14	149	MELITA LIKITHA PINTO	
26		100	MOHAMMAD ISHAN H A	
27	14	151	MOHAMMED FARAAZ BUKSH	
28	14	152	MOHAMMED IQBAL	
29	14	10-	NIREEKSHA R	
30	14	161 M	NSHAN H KUMAR	
50				

I ST YEAR MBA 2014-15

S	<u>.</u>	YOGA AND MI	EDITATION
N	o. Roll N	0. NAME OF THE CANDIDATE	
	1 1416	2 NISHANTH B R	
	2 1416	5 P A PRAVEEN KUMAR	
3	14100	5 PALŁAVI	
3	14100	PAVANCHAND C	
3.	141/1	PRADEEP S	
30	141/4	PRATHIKSHA BHAT M	a
37	14175	PRAVEEN K N	
38	141/0	PRAVEEN KUMAR V	
39	14177	PRIYANKA U	
40	14180	RAKSHAN V SUVARNA	
41	14181	RAKSHATH	
42	14182	RAKSHITH	
43	14184	RAKSHITH R SHETTY	
44	14185	RASHMI K Ν	
45	14187	ROOPESH	a
46	14190	SADANAND BHAT	
47	14193	SANDHYA LAKSHMI K	
48	14196	SAUMYA TEVU RAMAPPAA	
49	14197	SAVAN	
50	14199	SELMAN FARIS	
51	14200	SHAFALI	
52	14202	SHIVANANDA C BERADARA	
53	14206	SHWETHA	
54	14207	SKANDA KUMAR	
55	14208	SUKESH	
56	14211	SWETHA M L	a
57	14212	THASWEER P	
58		VIDYA B	
59	14217	VIKAS	
-+		WASIM AKRAM K M	
60	1.111		

D

SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH, MANGALORE

I ST YEAR MBA 2014-15

	SI. No. Roll 1	YOGA AND N	IEDITATION
	61 1410	NAME OF THE CANDIDATE	
	62 1411	I TOUDITH	
0	53 1411	- HIOSHA	
e	54 1411		
e		PHISON BALIGA M	
6	6 1411	4 ARUN K	
6	7 1411	5 ARUN KARANTHA	
6	8 1412	- Internet	
6			
7			
7	1412		
7	14120		
73	11130		0~
74		DIVYA SHRËE K P	
75	14132	G G ANSUYA V PRABHU	
76	14133	IJAS AHAMED	
77	14134	IRSHAD I	~
78	14135	IRSHAD P	
79	14138	KARTHIK P K	
80	14139	KATHIJA RIHA PARVEEN	
81	14141	KIRAN KUMAR P	
82	14142	KISHAN V	
84	14145	MAHAMAD HARIS M H	
83	14146	MAHAMMAD RIZVAN	
85	14153	MOHAMMED JAZEEL	
86		MOHAMMED YAHYA AJAIB	A
87	14155	NAJEEB MOHAMED ATTAR	
	14156	NAJUMUDEEN POCKER	
88	14157	NANDU SUBHASH	V
89		NAZEER	
90	14150		

I ST YEAR MBA 2014-15

)

S		2014-15	
N		P. YOGA AND M	EDITATION
9			
9			
93			
94	4 14167	PARVATHI H	
95	5 14168	PAVAN KRISHNA KOTEKAR	
96	5 14170	PAYASWINI N P	a
97	14172	PRANAMYA B	
98	14173	PRAPTI KUMARI SHETTY	
99	14178	PUNITH M N	
100	0 14179	RAKSHA N	
101	1 14183	RAKSHITH P S	
102	2 14186	ROMITH К	
103	3 14188	ROYDON JOEL DIAS	
104	14189	SACHIN CHOWTA	0.
105	14191	SAJAN K P	
106	14192	SANCHITHA B	
107	14194	SANJAY M	
108	14195	SANNIDHI ALVA	
109	14198	SAVIOLA PEARL LOBO	V
110	14201	SHEEBA ADLIN	
111	14203	SHIVANI NAGWAN	
112	14204	SHIVANI PAI	
113	14205	SHREYAS K S	
114	14209	SURABHI E CHANDRA	
114	1121	SWATHI A	
	1122	TILAK RAJ	
116	11	TRIPTI MAHESHWARI	
117	1422	VIJETH KOTIAN	
118	14220	VISHNUPRASAD R KHADILKAR	0-
119	14210	ZAINULABIDIN MAAZ	
120	14220		