

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

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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	2014-2015	Yoga and Meditation	Shri Yogarathna Gopalakrishna Delampady

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**S D M COLLEGE OF BUSINESS MANAGEMENT
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NOTICE

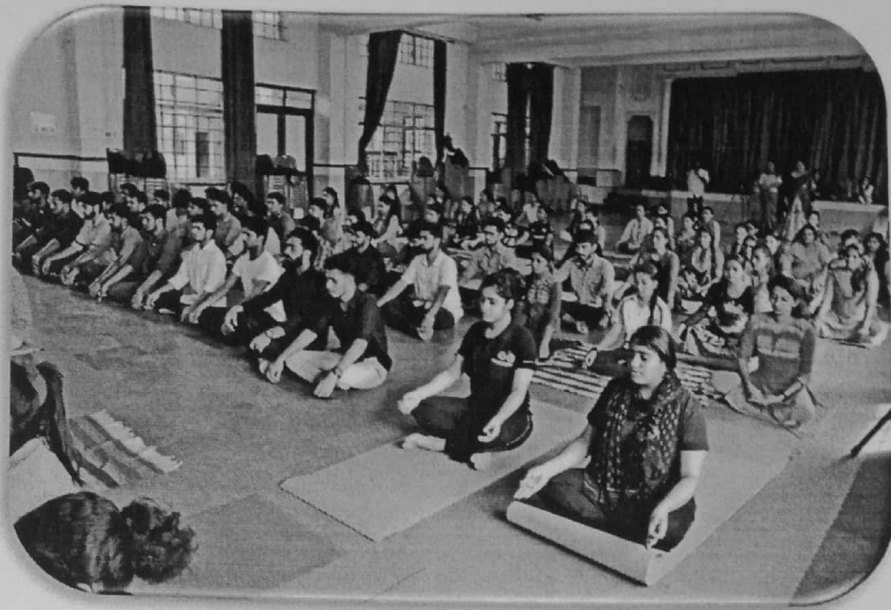
1.08.2018

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.

Seema S. Shrivastava

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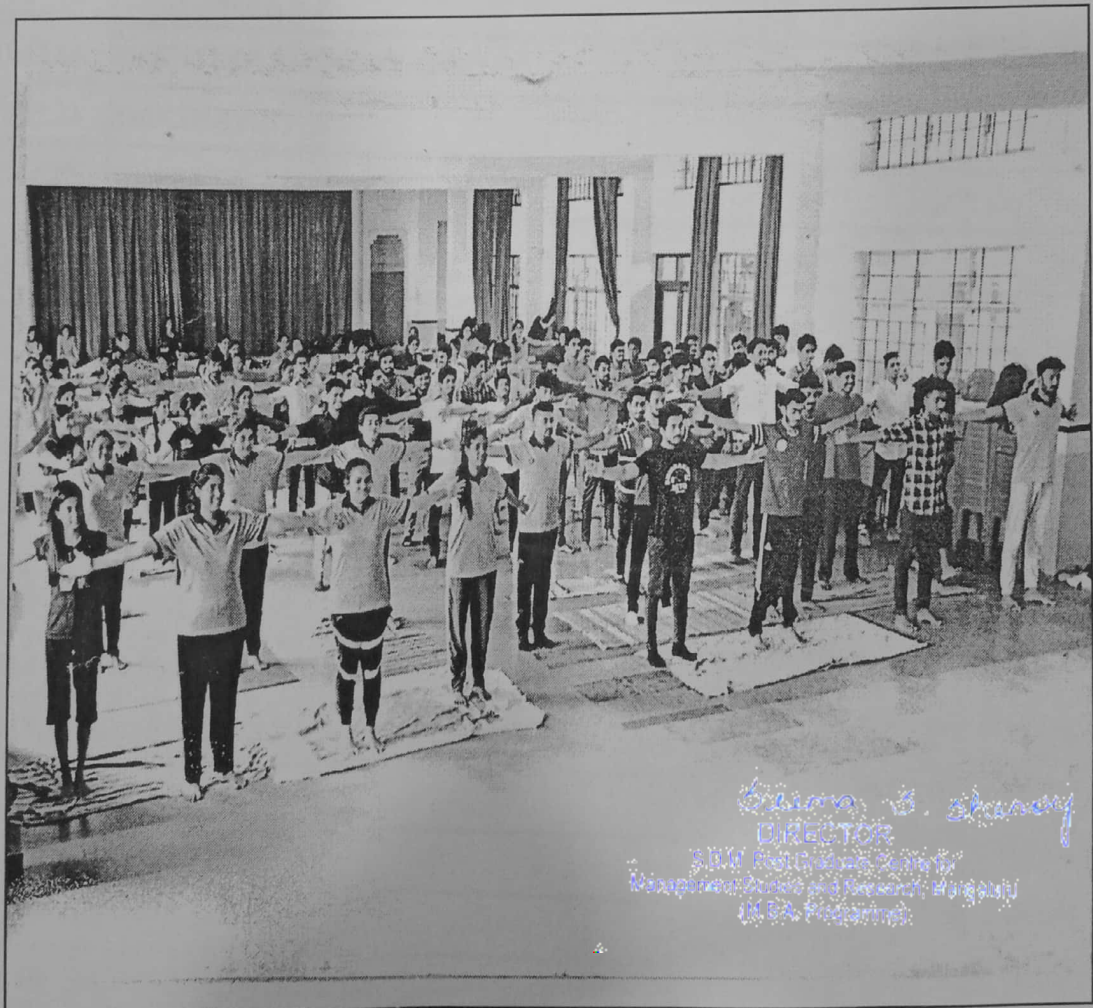
WORKSHOP ON YOGA AND MEDITATION 2018-19



A workshop was conducted at SDM PG Center, Mangaluru by Ms. Shravya, alumna 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 workshop. 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.

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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

Sl. No.	Roll No.	Candidate Name	Aug 2	Aug-3
1	18102	ABDUL AL ARMAAN	✓	✓
2	18103	AKASH M SHETTY	✓	✓
3	18106	AKSHATHA ACHARYA B	✓	✓
4	18107	AKSHATHA KAMATH	a	✓
5	18109	AMRUTH L RAI	✓	✓
6	18112	ANUSHA SUVARNA	✓	✓
7	18114	ARUN PRABHU	✓	✓
8	18115	ASHVAL SHETTY	✓	✓
9	18118	ATHIRA ASHOK P M	✓	✓
10	18119	ATHMIKA	✓	✓
11	18120	BHAVISHA S R	✓	a
12	18122	CHINGAPPA A P	✓	✓
13	18123	CLENSTER ANTHONY LOBO	✓	a
14	18124	DAKSHAYINI	✓	✓
15	18125	DEEKSHA	✓	✓
16	18129	DHANYA	✓	a
17	18132	DIVYA (D/O BALAKRISHNA NAIK)	a	✓
18	18133	DIVYA (D/O LAXMAN)	✓	✓
19	18134	FATHIMA MISHCUATH	✓	✓
20	18136	GAURAV M	✓	✓
21	18138	HARSHVARDHAN PATIL	✓	✓
22	18139	JAIDEEP A RAO	a	✓
23	18141	KARTHIK KUMAR	a	a
24	18143	KEERTHISHREE SOMAN PUTHRAN	✓	a
25	18145	LEONA STRELITA P	a	✓
26	18146	LIBIN KABEER	✓	✓
27	18147	LIKHITHA RAO U	✓	✓
28	18148	LINESH AVIL DSOUZA	✓	✓
29	18149	M SANJANA KAMATH	✓	✓
30	18150	MANIKANTA D	✓	✓

Seema S Shetty
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YOGA AND MEDITATION

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

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(M.B.A. Programme)

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

1ST YEAR MBA 2018-19

YOGA AND MEDITATION

Sl. No	Roll N	Candidate Name	Aug 2	Aug 3
61	18105	AARON C N DSOUZA	✓	a
62	18104	KHIL	✓	✓
63	18105	AKSHAI P	✓	✓
64	18108	ALSTON QUEIRA	✓	✓
65	18110	ANJANA	✓	a
66	18111	ANUSH	✓	✓
67	18113	ADORV	✓	✓
68	18116	ASHW... K	✓	a
69	18117	AVITHA H	a	✓
70	18121	CHALP	✓	✓
71	18126	DEEKSHA SHETTY	✓	✓
72	18127	DENVER CHRIS CUTINHA	✓	✓
73	18128	DHANUSH	✓	✓
74	18130	DHANYASHREE	✓	✓
75	18131	DISHA SHETTY	✓	a
76	18135	FAYAZ H	a	a
77	18137	HARSHA Y SALIAN	✓	✓
78	18140	K NOORJAHAN	✓	✓
79	18142	KARTIK NAVUND	a	✓
80	18144	KIRAN S M	✓	✓
81	18151	MELISHA SHALMA SEQUEIRA	✓	✓
82	18154	MOHAMMAD SHIHAAB MOODBIDRI	a	✓
83	18156	MOHAMMED ASHHAR	✓	a
84	18161	NANDISH	✓	✓
85	18162	NAVEEN MANJUNATH SHETTY	✓	✓
86	18164	NIHAL P BANGERA	a	✓
87	18165	NIKHIN S DEVADIGA	✓	a
88	18166	NIKSHITH M	✓	✓
89	18168	PAVITHRA (D/O Prabhakar Naik)	✓	✓
90	18170	PRADEEPA N B	a	✓

Beema S. Shenoy
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YOGA AND MEDITATION

Sl. No.	Roll No.	Candidate Name	Aug 2	Aug. 3
91	18172	PRANESH SHENOY	✓	✓
92	18173	PRATHAP B K	✓	✓
93	18175	PRATHIKSHA	✓	✓
94	18178	RAJAT M L	α	✓
95	18179	RAJESH SALIAN M H	✓	α
96	18180	RAKSHA R SHETTY	✓	✓
97	18182	RAMYASHREE	✓	✓
98	18184	RIZA BAKSH	α	✓
99	18185	SAGAR KUMAR B	✓	α
100	18186	SAHANA S	✓	α
101	18187	SANDESHA	✓	✓
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	α	✓
108	18202	SONAL FERRAO	✓	α
109	18203	SRIDEVI	✓	α
110	18204	SUCHANYA P	✓	✓
111	18205	SUHAIR ALI. K. T	✓	✓
112	18206	SUMANTHKUMAR SHETTY	✓	✓
113	18207	SUSHMITHA K	✓	✓
114	18210	THUSHAR	✓	✓
115	18212	VAISHALI	α	✓
116	18213	VALENTINO MATHIAS	✓	✓
117	18216	VEEKSHITHA	✓	α
118	18217	VIOLA VENITA LEWIS	α	✓
119	18218	VIVAN JOSHWA DSOUZA	✓	✓
120	18219	YUDISHREE SHETTY	✓	α

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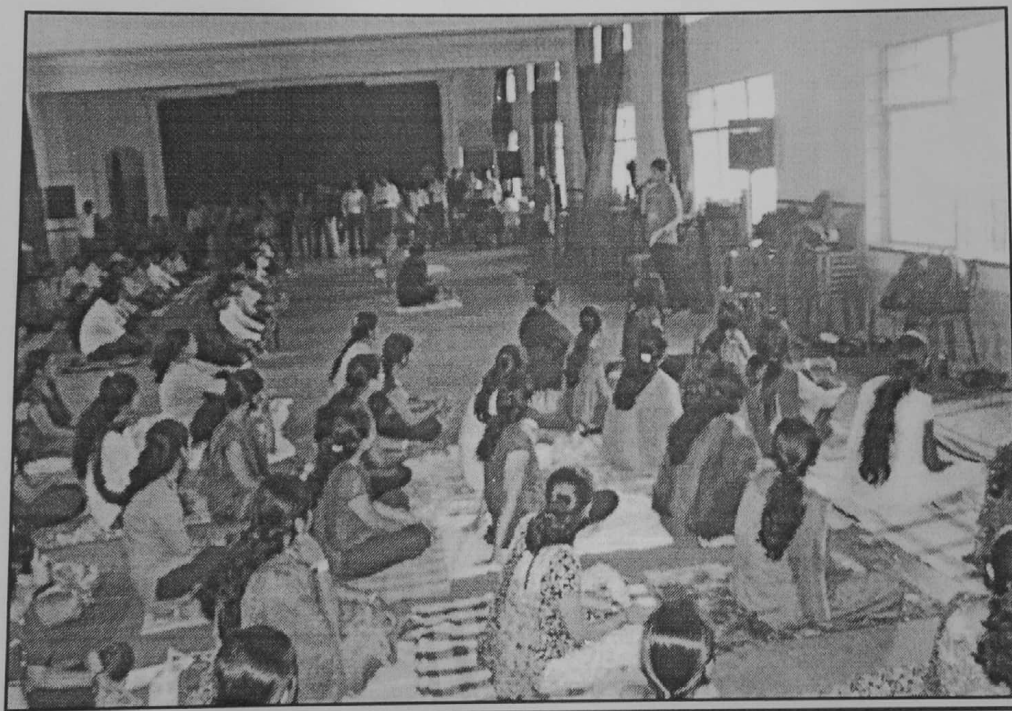
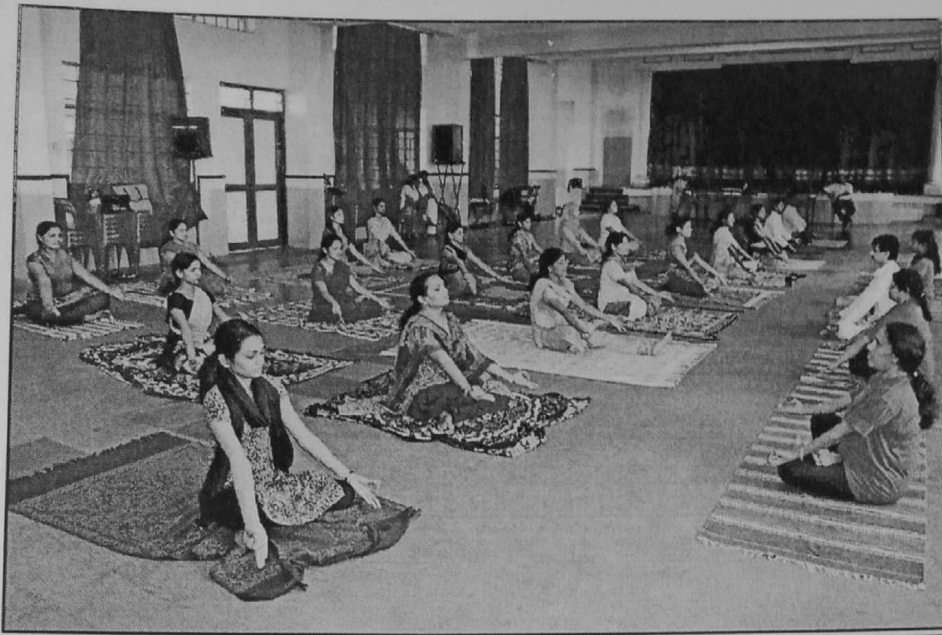
1.10.2017

The Yoga trainer Sri. Yogaratna Gopalakrishna Delampady will be conducting the yoga and meditation session between 3rd to 13th 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 3rd to 13th October 2017.

Seema S. Shenay

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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.

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

II YEAR MBA 2017-2018

YOGA AND MEDITATION

Sl.No.	Roll No.	Name of the student	Oct 3 rd	Oct 4 th	Oct 5 th	Oct 6 th	Oct 9 th	Oct 10 th	Oct 11 th	Oct 12 th	Oct 13 th
1	16101	A YOUSUF FAIZAL	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	16102	ABHILASH A	✓	✓	✓	✓	✓	✓	✓	a	✓
3	16105	ABHISHEK U	✓	✓	✓	A	✓	✓	✓	a	✓
4	16107	AHAMMED REFAHI	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	16108	AHMAD KABEER	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	16109	AISHWARYA	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	16110	AIYSHA V A	A	✓	✓	✓	✓	✓	✓	✓	✓
8	16112	AMRUTHA B G	✓	✓	✓	✓	✓	✓	✓	✓	✓
9	16116	ASHRAYA SHETTY	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	16120	ASHWINI M P	✓	✓	a	✓	✓	✓	✓	✓	✓
11	16121	BALACHANDRA	✓	✓	✓	✓	✓	✓	✓	✓	✓
12	16123	DHANANJAYA B	A	✓	✓	✓	✓	✓	✓	✓	✓
13	16124	EVAN ELDRY MENDONSA	✓	a	✓	✓	✓	✓	✓	✓	✓
14	16126	FATHIMATH ASHFEENA	✓	a	✓	✓	✓	✓	✓	✓	✓
15	16128	G A ABOOBACKER AFSAL	✓	✓	✓	A	a	✓	✓	✓	✓
16	16129	GAUTHAM L C	✓	✓	✓	✓	✓	✓	✓	✓	✓
17	16132	HAYAVADANA BHAT	✓	✓	✓	✓	✓	✓	✓	✓	✓
18	16134	JAISON LEROY PEREIRA	✓	✓	✓	A	✓	✓	✓	✓	✓
19	16136	K SHILPA KUMARI	✓	✓	✓	✓	✓	✓	✓	✓	✓
20	13140	LIKHITHA JAIN S	✓	✓	✓	✓	✓	a	✓	✓	✓
21	13142	MAHAMMED FURQAN	✓	✓	✓	✓	✓	✓	✓	a	✓
22	13146	MEZA MARIYAM	✓	✓	✓	✓	✓	✓	✓	✓	a
23	16148	MOHAMMED IRSHAD	A	✓	✓	A	✓	✓	✓	✓	✓
24	16149	MOHAMMED MEHAZEEF	A	✓	✓	✓	✓	✓	✓	✓	✓
25	16151	MOHAMMED SAOOD	✓	✓	✓	✓	✓	✓	✓	✓	✓
26	16152	MOHAMMED SHAHIL	✓	✓	✓	✓	✓	a	✓	✓	✓
27	16158	MUZAIN H M	✓	✓	a	✓	✓	✓	✓	✓	✓
28	16159	NAMRATHA	✓	✓	✓	✓	✓	✓	✓	a	✓

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YOGA AND MEDITATION

Sl.No.	Roll No.	Name of the student	oct 3 rd	oct 11 th	oct 20 th	oct 28 th	oct 31 st	oct 10 th	oct 17 th	oct 24 th	oct 31 st	oct 7 th	oct 14 th
29	16160	NAMRATHA SHETTY V	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30	16162	NAVYA L K	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
31	16166	NIDHISH S SHETTY	✓	✓	✓	✓	✓	✓	✓	✓	✓	A	✓
32	16168	NIKHIT REDDY	✓	✓	✓	✓	✓	✓	✓	✓	✓	A	✓
33	16172	PAVITHRA K PURANIK	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
34	16174	PRANESH	✓	✓	✓	A	✓	✓	✓	✓	✓	✓	✓
35	16178	RAJESH A B	a	✓	✓	A	✓	✓	✓	✓	✓	✓	✓
36	16180	RAKSHITHA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
37	16181	RAKSHITHA G SHETTY	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
38	16183	RESHMA M BANGERA	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓
39	16185	ROOPITHA C P	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓
40	16187	SANKETH P N	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓
41	16190	SHARVIN AMBROSE BARBOZA	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓
42	16191	SHASHANK U G	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
43	16193	SHEREEN EDNA DSOUZA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
44	16195	SHILPA BENGRE	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓
45	16198	SHRUTI JADHAV	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46	16199	SHWETHA S	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓
47	16200	SIIDDIQ FAIZAL	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓
48	16201	SIMAK M H	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓
49	16204	SOWJANYA S A	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50	16207	SUMAN BABU SHETTY	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓
51	16208	SUSHMA LIZIA MENEZES	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓
52	16209	TANEDAR BHARADWAJ	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓
53	16211	VIGNESH S SHETTY	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
54	16213	VIJETH KUMAR J	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓
55	16214	VIJETH PAI V	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓
56	16219	YASHASWI RAI	✓	a	✓	A	✓	a	✓	✓	✓	✓	✓
57	16221	ZAINABHA FAHIZA	✓	✓	✓	A	✓	✓	✓	✓	✓	✓	✓

Beema S. Shetty
DIRECTOR

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

SECTION - B

II YEAR MBA 2017-2018

YOGA AND MEDITATION

Sl.No.	Roll No.	Name of the student	Oct 3 rd	Oct 4 th	Oct 5 th	Oct 6 th	Oct 7 th	Oct 8 th	Oct 9 th	Oct 10 th	Oct 11 th
58	16103	ABHILASH A V	✓	a	✓	✓	✓	✓	✓	✓	✓
59	16104	ABHISHEK K	A	✓	✓	✓	✓	✓	✓	✓	✓
60	16106	ADITHI SHENOY	✓	✓	✓	✓	✓	✓	a	✓	✓
61	16114	ANUSHA S	✓	✓	✓	✓	✓	✓	✓	✓	✓
62	16115	ARJUN K	A	✓	✓	✓	✓	✓	✓	✓	✓
63	16117	ASHURA ZAINABA	✓	✓	✓	A	✓	✓	✓	✓	✓
64	16118	ASHWATHNARAYAN	✓	✓	✓	A	✓	✓	✓	✓	✓
65	16119	ASHWINI G K	✓	✓	✓	✓	✓	✓	✓	✓	✓
66	16122	DEEKSHITH G	A	✓	✓	✓	✓	✓	✓	✓	✓
67	16125	FATHIMA SHIKA	✓	✓	✓	A	✓	✓	✓	✓	✓
68	16127	FLEMING CHRISTAN LOBO	✓	✓	✓	✓	✓	✓	✓	✓	✓
69	16130	GOWTHAM K J	✓	✓	✓	✓	✓	✓	✓	✓	✓
70	16131	HARIDAS NAMBIAR P	✓	a	✓	✓	✓	✓	a	✓	✓
71	16133	ISHWARYA B	✓	✓	a	✓	✓	✓	✓	✓	✓
72	16135	K RAGHURAMA RAO	✓	✓	✓	✓	✓	✓	✓	✓	✓
73	16137	KEERTHI KUMARI U P	✓	✓	✓	✓	✓	✓	✓	✓	✓
74	16138	KOWSHIK SHETTY B	✓	✓	✓	A	✓	✓	✓	✓	✓
75	16139	KRITHIKA M RAO	✓	✓	✓	✓	✓	✓	a	✓	✓
76	16141	MAHAMED MOOSA SHAFWAN	✓	✓	✓	✓	✓	✓	✓	a	✓
77	16143	MAHAMMED SAFWAN B H	✓	✓	✓	✓	✓	✓	✓	✓	✓
78	16144	MANOJ RAI B R	✓	✓	✓	✓	✓	✓	✓	✓	✓
79	16145	MARIANA CRYSTAL D ROZARIO	✓	✓	✓	✓	✓	✓	✓	✓	✓
80	16147	MOHAMMED ATIF SHARIEFF	✓	✓	a	✓	✓	✓	✓	✓	✓
81	16150	MOHAMMED RAMEEZ	✓	✓	✓	✓	✓	✓	✓	✓	✓
82	16153	MOHAMMED THANSEER B	A	✓	✓	✓	✓	✓	a	✓	✓
83	16154	MOIDEEN RISHAD M	A	✓	✓	✓	✓	✓	✓	✓	✓
84	16155	MUHAMMED ADNAN HAFEEZ	✓	✓	✓	✓	✓	✓	✓	✓	✓
85	16157	MUHSEENA M A	✓	✓	✓	✓	✓	✓	a	✓	✓
86	16161	NARASIMHARAJU S N	✓	✓	✓	✓	✓	✓	✓	✓	✓
87	16163	NIDHI	✓	✓	a	✓	a	✓	✓	a	✓

Sheena S. Shenoy
DIRECTOR

YOGA AND MEDITATION

Sl.No.	Roll No.	Name of the student	Oct 3 rd	Oct 4 th	Oct 5 th	Oct 6 th	Oct 7 th	Oct 8 th	Oct 9 th	Oct 10 th	Oct 11 th
88	16164	NIDHI B BALEGAR	✓	✓	✓	✓	✓	✓	✓	✓	✓
89	16165	NIDHI N KUNDER	✓	✓	✓	a	✓	✓	✓	✓	a
90	16167	NIHAL UR RAHAMAN	✓	✓	✓	✓	✓	✓	a	✓	✓
91	16169	NISHANTH	✓	✓	✓	✓	✓	✓	✓	✓	✓
92	16170	NITHIN KUMAR S	✓	✓	✓	✓	✓	✓	✓	✓	✓
93	16171	NUTHAN S SUVARNA	✓	✓	✓	✓	✓	✓	✓	✓	✓
94	16173	POOJA NAGESH	✓	✓	✓	✓	✓	✓	✓	✓	✓
95	16175	PRATHIKSHA	A	✓	✓	✓	✓	✓	✓	✓	✓
96	16176	PREETHI K	A	✓	✓	✓	✓	✓	✓	✓	✓
97	16177	PUNITHA S S	✓	✓	✓	✓	✓	✓	✓	✓	✓
98	16179	RAKSHITH KUMAR P	✓	✓	✓	✓	✓	✓	✓	a	✓
99	16182	RANJITH	✓	✓	✓	✓	✓	✓	✓	✓	✓
100	16184	RIZWANA	A	✓	✓	✓	✓	✓	✓	✓	✓
101	16186	SANDEEP SUBRAMANYA SHET	✓	✓	a	✓	✓	✓	✓	✓	✓
102	16188	SARTHAK	✓	✓	✓	✓	✓	✓	✓	✓	✓
103	16189	SHAINA SHIVANAND	✓	✓	✓	✓	✓	✓	✓	a	✓
104	16192	SHEIK MOHAMMED FAYAZ	✓	✓	a	✓	a	✓	✓	✓	✓
105	16194	SHILPA ANCHAN	✓	✓	a	✓	✓	✓	✓	✓	✓
106	16196	SHREYA C S	✓	✓	✓	✓	✓	✓	✓	✓	✓
107	16197	SHREYAS KINI S	A	✓	✓	✓	✓	✓	✓	✓	✓
108	16202	SOORYA NARAYANA	✓	✓	✓	✓	✓	✓	✓	✓	✓
109	16203	SOUMYA GOVINDA HEGDE	✓	✓	✓	A	✓	✓	✓	✓	✓
110	16205	SPARSHA KANTH	✓	✓	✓	✓	✓	✓	a	✓	a
111	16206	SUHAIM AHMED	✓	✓	✓	✓	✓	✓	✓	✓	✓
112	16210	VARUN NAYAK K	✓	✓	✓	✓	✓	✓	✓	✓	✓
113	16212	VIJAY ASHLEY RODRIGUES K	✓	✓	a	✓	✓	✓	a	✓	✓
114	16215	VINUSHA HEGDE B	✓	a	✓	✓	✓	✓	✓	✓	✓
115	16216	VISHAKH K	✓	a	✓	✓	✓	✓	✓	✓	✓
116	16218	YASHASWI RAI	A	✓	✓	✓	✓	✓	✓	a	✓
117	16220	YASHWITHA BANGERA	A	✓	✓	A	✓	✓	✓	✓	✓



S D M COLLEGE OF BUSINESS MANAGEMENT
POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH
MANGALURU - 575 003

Phone : 0824-2496009
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E-mail : sdmcbm@gmail.com
Website : www.sdmcbm.ac.in

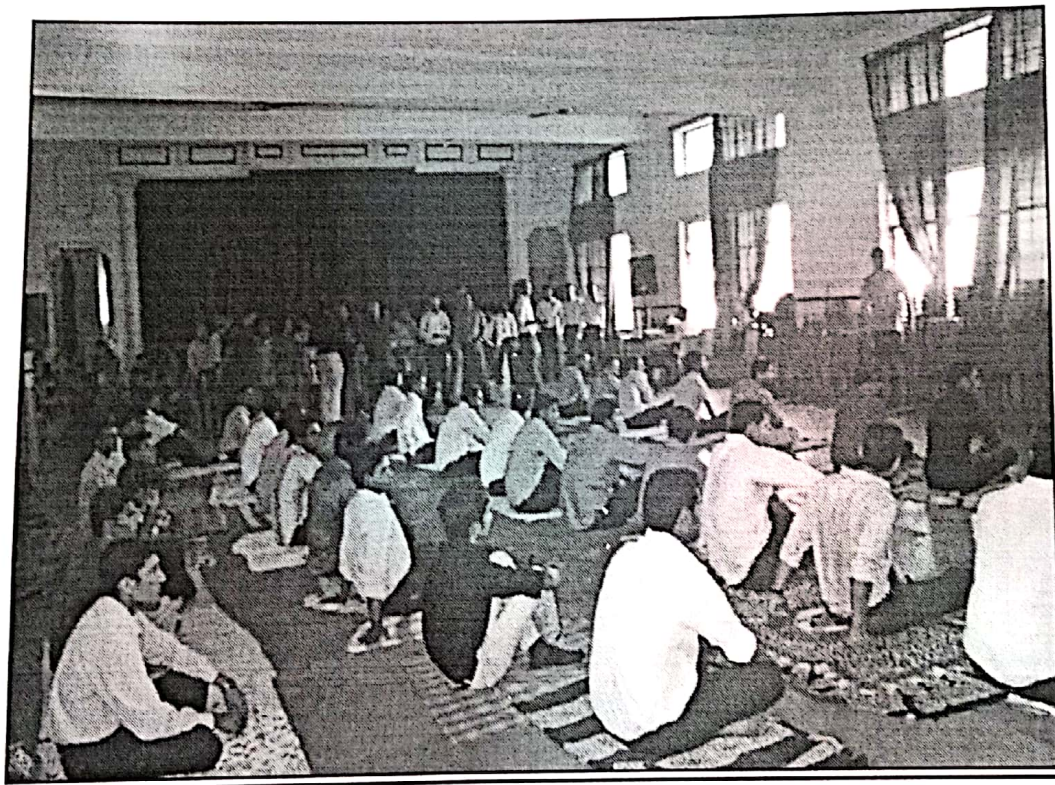
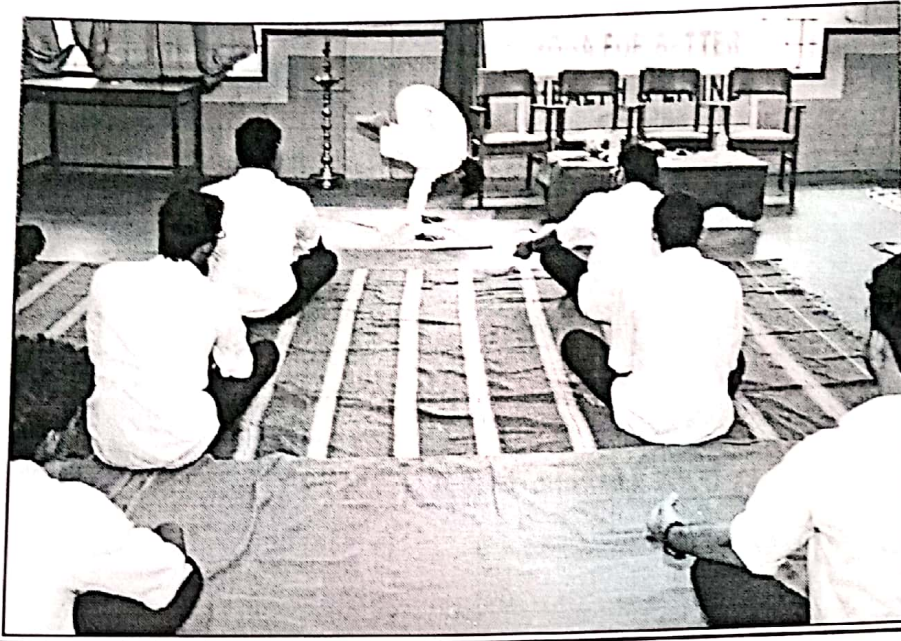
NOTICE

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



A workshop on Yoga was held in the auditorium of SDM PG Centre, Mangaluru by Yogarathna Gopalakrishna Delampady for a period of 8 days. The workshop commenced from 19th September 2016 to 26th September 2016. The students of II Year 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**

IST YEAR MBA 2016

YOGA AND MEDITATION

Sl.No.	Roll No.	Name of the student	Sept 19 th	Sept 20 th	Sept 21 st	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26 th
1	16101	A YOUSUF FAIZAL	✓	✓	✓	✓	✓	✓	a	✓
2	16102	ABHILASH A	✓	✓	✓	✓	✓	✓	✓	✓
3	16105	ABHISHEK U	✓	✓	✓	✓	✓	✓	✓	✓
4	16107	AHAMMED REFAHI	✓	✓	✓	✓	✓	✓	✓	✓
5	16108	AHMAD KABEER	✓	✓	✓	✓	✓	✓	✓	✓
6	16109	AISHWARYA	✓	✓	✓	✓	✓	✓	✓	✓
7	16110	AIYSHA V A	✓	✓	✓	✓	✓	✓	✓	✓
8	16111	AKASHA K	✓	✓	✓	✓	✓	✓	✓	✓
9	16112	AMRUTHA B G	✓	✓	a	✓	✓	✓	✓	✓
10	16113	ANUSHA R KUNDER	✓	✓	✓	✓	✓	✓	✓	✓
11	16116	ASHRAYA SHETTY	✓	✓	✓	✓	A	✓	✓	✓
12	16120	ASHWINI M P	✓	✓	✓	✓	✓	✓	✓	✓
13	16121	BALACHANDRA	✓	✓	✓	✓	✓	✓	✓	✓
14	16123	DHANANJAYA B	✓	✓	✓	✓	✓	✓	✓	✓
15	16124	EVAN ELDROY MENDONSA	✓	✓	✓	✓	✓	✓	✓	✓
16	16126	FATHIMATH ASHFEENA	✓	✓	✓	✓	✓	✓	✓	✓
17	16128	G A ABOOBACKER AFSAL	✓	✓	✓	✓	✓	✓	✓	✓
18	16129	GAUTHAM L C	✓	✓	✓	✓	✓	✓	✓	a
19	16132	HAYAVADANA BHAT	✓	✓	✓	✓	✓	✓	✓	✓
20	16134	JAISON LEROY PEREIRA	✓	✓	✓	a	✓	✓	✓	✓
21	16136	K SHILPA KUMARI	✓	✓	✓	✓	✓	✓	✓	✓
22	13140	LIKHITHA JAIN S	✓	✓	✓	✓	✓	✓	✓	✓
23	13142	MAHAMMED FURQAN	a	✓	✓	✓	✓	✓	✓	✓
24	13146	MEZA MARIYAM	✓	✓	✓	✓	✓	✓	✓	✓
25	16148	MOHAMMED IRSHAD	✓	✓	✓	✓	✓	✓	✓	✓
26	16149	MOHAMMED MEHAZEEF	✓	✓	✓	✓	A	✓	✓	✓
27	16151	MOHAMMED SAOOD	✓	✓	✓	✓	✓	✓	✓	✓
28	16152	MOHAMMED SHAHIL	✓	✓	✓	✓	✓	✓	✓	✓
29	16158	MUZAIN H M	✓	✓	✓	✓	✓	a	✓	✓
30	16159	NAMRATHA	✓	✓	✓	✓	✓	a	✓	✓

YOGA AND MEDITATION

Sl.No.	Roll No.	Name of the student	Sept 19	Sept 20	Sept 21	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26
31	16160	NAMRATHA SHETTY V	✓	✓	✓	✓	✓	✓	✓	✓
32	16162	NAVYA L K	✓	✓	✓	✓	✓	✓	✓	✓
33	16166	NIDHISH S SHETTY	✓	✓	✓	✓	✓	✓	✓	✓
34	16168	NIKHIT REDDY	✓	✓	✓	✓	✓	✓	✓	✓
35	16172	PAVITHRA K PURANIK	✓	a	✓	✓	✓	✓	✓	a
36	16174	PRANESH	✓	✓	✓	✓	✓	✓	✓	✓
37	16178	RAJESH A B	✓	✓	✓	✓	✓	✓	✓	✓
38	16180	RAKSHITHA	✓	✓	✓	✓	✓	✓	✓	✓
39	16181	RAKSHITHA G SHETTY	✓	✓	✓	✓	✓	✓	✓	✓
40	16183	RESHMA M BANGERA	✓	✓	✓	✓	✓	✓	✓	✓
41	16185	ROOPITHA C P	✓	a	✓	✓	✓	✓	✓	✓
42	16187	SANKETH P N	✓	✓	✓	✓	✓	✓	✓	✓
43	16190	SHARVIN AMBROSE BARBOZA	✓	✓	✓	a	✓	✓	✓	✓
44	16191	SHASHANK U G	✓	✓	✓	✓	✓	✓	✓	✓
45	16193	SHEREEN EDNA DSOUZA	✓	✓	✓	✓	✓	✓	✓	✓
46	16195	SHILPA BENGRE	✓	✓	✓	✓	✓	✓	a	✓
47	16198	SHRUTI JADHAV	✓	✓	✓	✓	✓	✓	✓	✓
48	16199	SHWETHA S	a	✓	✓	✓	✓	✓	✓	✓
49	16200	SIIDDIQ FAIZAL	✓	✓	✓	✓	✓	✓	✓	✓
50	16201	SIMAK M H	✓	✓	✓	✓	✓	✓	✓	✓
51	16204	SOWJANYA S A	✓	✓	✓	✓	A	✓	✓	✓
52	16207	SUMAN BABU SHETTY	✓	✓	✓	✓	✓	✓	✓	a
53	16208	SUSHMA LIZIA MENEZES	✓	✓	✓	✓	✓	✓	✓	✓
54	16209	TANEDAR BHARADWAJ	✓	✓	✓	✓	✓	✓	✓	✓
55	16211	VIGNESH S SHETTY	✓	✓	✓	✓	✓	✓	✓	✓
56	16213	VIJETH KUMAR J	✓	✓	a	✓	✓	✓	✓	✓
57	16214	VIJETH PAI V	✓	✓	✓	✓	✓	✓	✓	✓
58	16217	VIVEK K	✓	✓	✓	✓	✓	✓	✓	✓
59	16219	YASHASWI RAI	✓	✓	✓	✓	✓	✓	✓	✓
60	16221	ZAINABHA FAHIZA	✓	✓	✓	✓	✓	✓	✓	✓

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

1ST YEAR MBA 2016

YOGA AND MEDITATION

Sl.No.	Roll No.	Name of the student	Sept 19	Sept 20	Sept 21	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26
61	16103	ABHILASH A V	✓	✓	✓	✓	A	a	✓	✓
62	16104	ABHISHEK K	✓	✓	✓	✓	✓	a	✓	✓
63	16106	ADITHI SHENOY	✓	✓	✓	✓	✓	✓	✓	✓
64	16114	ANUSHA S	✓	a	✓	✓	✓	✓	✓	✓
65	16115	ARJUN K	✓	✓	✓	✓	✓	✓	✓	✓
66	16117	ASHURA ZAINABA	✓	✓	✓	✓	✓	✓	✓	✓
67	16118	ASHWATHNARAYAN	✓	✓	✓	✓	✓	✓	✓	✓
68	16119	ASHWINI G K	✓	✓	✓	✓	✓	✓	✓	✓
69	16122	DEEKSHITH G	✓	✓	✓	✓	✓	✓	a	✓
70	16125	FATHIMA SHIKA	✓	✓	✓	✓	✓	✓	✓	✓
71	16127	FLEMING CHRISTAN LOBO	✓	✓	a	✓	✓	✓	✓	✓
72	16130	GOWTHAM K J	✓	✓	a	✓	✓	✓	✓	✓
73	16131	HARIDAS NAMBIAR P	✓	✓	✓	✓	✓	✓	✓	✓
74	16133	ISHWARYA B	✓	✓	✓	✓	✓	✓	✓	✓
75	16135	K RAGHURAMA RAO	✓	✓	✓	✓	✓	✓	✓	✓
76	16137	KEERTHI KUMARI U P	✓	✓	✓	✓	✓	✓	✓	✓
77	16138	KOWSHIK SHETTY B	✓	✓	✓	✓	✓	✓	✓	✓
78	16139	KRITHIKA M RAO	✓	✓	✓	✓	✓	✓	✓	✓
79	16141	MAHAMED MOOSA SHAFWAN	✓	✓	✓	✓	✓	✓	✓	✓
80	16143	MAHAMMED SAFWAN B H	✓	✓	✓	✓	✓	✓	✓	✓
81	16144	MANOJ RAI B R	✓	✓	✓	✓	✓	✓	✓	✓
82	16145	MARIANA CRYSTAL D ROZARIC	✓	✓	✓	✓	✓	✓	✓	✓
83	16147	MOHAMMED ATIF SHARIEFF	✓	✓	✓	✓	✓	✓	✓	✓
84	16150	MOHAMMED RAMEEZ	✓	✓	✓	a	✓	✓	✓	✓
85	16153	MOHAMMED THANSEER B	✓	✓	✓	✓	✓	✓	✓	✓
86	16154	MOIDEEN RISHAD M	✓	✓	✓	✓	✓	✓	✓	✓
87	16155	MUHAMMED ADNAN HAFEEZ	✓	✓	✓	✓	✓	✓	✓	✓
88	16157	MUHSEENA M A	✓	✓	✓	✓	✓	✓	✓	✓
89	16161	NARASIMHARAJU S N	✓	✓	✓	✓	a	✓	✓	a
90	16163	NIDHI	✓	✓	✓	✓	✓	✓	✓	✓

YOGA AND MEDITATION

Sl.No.	Roll No.	Name of the student	Sept 19	Sept 20	Sept 21	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26
91	16164	NIDHI B BALEGAR	✓	✓	✓	✓	✓	✓	✓	✓
92	16165	NIDHI N KUNDER	✓	a	✓	✓	✓	✓	✓	✓
93	16167	NIHAL UR RAHAMAN	✓	✓	✓	✓	✓	✓	✓	✓
94	16169	NISHANTH	✓	✓	✓	✓	✓	✓	✓	✓
95	16170	NITHIN KUMAR S	✓	✓	✓	✓	✓	✓	✓	✓
96	16171	NUTHAN S SUVARNA	✓	✓	✓	✓	✓	✓	✓	✓
97	16173	POOJA NAGESH	✓	✓	✓	✓	✓	✓	✓	✓
98	16175	PRATHIKSHA	✓	✓	✓	✓	✓	✓	✓	✓
99	16176	PREETHI K	✓	✓	✓	✓	✓	✓	✓	✓
100	16177	PUNITHA S S	✓	✓	✓	✓	✓	✓	✓	a
101	16179	RAKSHITH KUMAR P	✓	✓	✓	✓	✓	✓	✓	✓
102	16182	RANJITH	✓	✓	✓	a	✓	✓	✓	✓
103	16184	RIZWANA	✓	✓	✓	✓	✓	✓	✓	✓
104	16186	SANDEEP SUBRAMANYA SHET	✓	✓	✓	✓	✓	✓	✓	✓
105	16188	SARTHAK	✓	✓	✓	✓	✓	✓	✓	✓
106	16189	SHAINA SHIVANAND	✓	✓	✓	✓	✓	✓	✓	✓
107	16192	SHEIK MOHAMMED FAYAZ	✓	✓	✓	✓	✓	✓	✓	e
108	16194	SHILPA ANCHAN	✓	✓	✓	✓	✓	✓	✓	✓
109	16196	SHREYA C S	✓	✓	✓	✓	✓	✓	✓	✓
110	16197	SHREYAS KINI S	✓	✓	✓	✓	✓	✓	a	✓
111	16202	SOORYA NARAYANA	✓	✓	✓	✓	✓	✓	✓	✓
112	16203	SOUMYA GOVINDA HEGDE	✓	✓	✓	✓	A	✓	✓	✓
113	16205	SPARSHA KANTH	✓	✓	✓	✓	✓	✓	✓	✓
114	16206	SUHAIM AHMED	✓	✓	✓	✓	✓	✓	a	✓
115	16210	VARUN NAYAK K	✓	✓	✓	✓	✓	✓	✓	✓
116	16212	VIJAY ASHLEY RODRIGUES K	✓	✓	✓	✓	✓	✓	✓	✓
117	16215	VINUSHA HEGDE B	✓	✓	✓	✓	✓	✓	✓	a
118	16216	VISHAKH K	✓	a	✓	✓	✓	✓	✓	✓
119	16218	YASHASWI RAI	✓	✓	✓	✓	✓	✓	✓	✓
120	16220	YASHWITHA BANGERA	✓	✓	✓	✓	✓	✓	✓	✓

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)

Phone : 0824-2496009 / 2496809
Fax : 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
Management Studies and Research

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

DIRECTOR
S.D.M. Post Graduate Centre for
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(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.B.A programme)

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**

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MANGALURU - 575 003

E-mail : sdmcmb@gmail.com
Website : www.sdmcmb.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, Mangaluru
(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

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S.D.M. Post Graduate Centre for
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(M.B.A. Programme)



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

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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.


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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 (Ph.D.) by MAHE, Manipal in the year 2010. Her area of interest includes 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.


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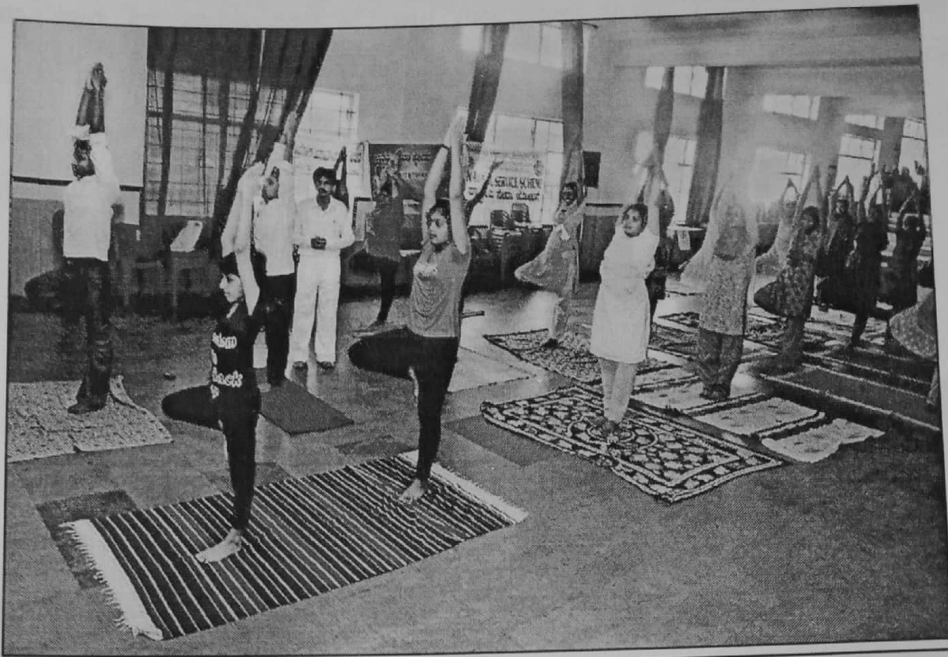
NOTICE

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.


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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.




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YOGA AND MEDITATION

Sl. No.	Roll No.	Student Name	13 th October	14 th October
1	15105	ABUBACKER KOLA	✓	✓
2	15107	AISHWARYA V RAO	✓	a
3	15111	ANUSH D	✓	✓
4	15112	ANVITH D PUTHRAN	✓	✓
5	15113	ARJUN V K	✓	✓
6	15114	ASHWIN BALAN	✓	✓
7	15118	BINOY B KRISHNAN	✓	✓
8	15120	DEEKSHA KARKERA	a	✓
9	15121	DEEPIKA RAO	✓	✓
10	15127	JAFAR SHAREEF	✓	✓
11	15128	JASHIM P K	✓	✓
12	15130	JASMINE PRIYA COELHO	a	✓
13	15131	JEEVAN G D	✓	✓
14	15132	JESMITHA DSOUZA	✓	✓
15	15134	KAVYALAXMI	✓	✓
16	15135	KEERTHAN	✓	✓
17	15137	KOMAL B SURVE	✓	✓
18	15138	KOUSALYA PUROHITH	a	✓
19	15141	LIKHITHA K	✓	a
20	15142	MAHALAXMI BHANDARKAR P	✓	✓
21	15147	MANU K ACHARYA	✓	✓
22	15148	MELISHA MARY REBELLO	✓	✓
23	15152	MOHAMMED NESEEF	✓	✓
24	15154	MOHAMMED SHAMSHEER	✓	✓
25	15155	MOHAMMED YUSUF	✓	a
26	15156	MOHANRAJ	✓	✓
27	15157	MOHEZZA ZABEEN	✓	✓
28	15159	MUHAMMED IRFAN	✓	✓
29	15160	MUHAMMED RASHEED G	✓	✓
30	15161	MUHSIN VALIYA PEEDIKAYIL	✓	✓

YOGA AND MEDITATION

Sl. No.	Roll No.	Student Name	13 th October	14 th October
31	15163	NAVYASHREE N J	a	a
32	15164	NEHA INGALE	✓	✓
33	15166	NISHA RAMKRISHNA BHOVI	✓	✓
34	15167	NITESH KUMAR	✓	✓
35	15169	PAVAN ISAC	✓	✓
36	15170	PRAJWAL B SALIAN	✓	✓
37	15173	PRAVEEN	✓	✓
38	15174	PRIYANKA	a	a
39	15175	PUNDALIKA S SHENOY	✓	✓
40	15176	RABIYA BEGUM	✓	✓
41	15177	RAJASHREE SHET B	✓	✓
42	15179	RITESH	a	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	✓	✓
48	15193	SNEHA JANARDHAN MANGESHKAR	✓	✓
49	15195	SOMAIHA K D	✓	✓
50	15196	SREERATH N	✓	✓
51	15197	SRINANDI S D	a	✓
52	15204	SUTIKA J	✓	a
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	✓	✓
59	15217	VINAYAKA L	✓	✓
60	15219	VIVEK M	✓	✓

YOGA AND MEDITATION

Sl. No.	Roll No.	Student Name		
61	15101	ABHISHEK	✓	✓
62	15102	ABHISHEK SHETTY	✓	✓
63	15103	ABHISHEKA GOWDA D A	✓	a
64	15104	ABOBACKER ASIF	✓	✓
65	15106	AHMED KABEER M K	✓	✓
66	15108	AKASH ANANTH KODKANI	a	a
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	✓	a
75	15124	GANESHA	✓	✓
76	15125	HARSHAVARDHANA	✓	✓
77	15126	IJAS P V	✓	✓
78	15129	JASHWANTH D	✓	a
79	15133	KARTHIK C HULLATTI	✓	✓
80	15136	KHAZI MOHAMMED SAQLAIN	✓	✓
81	15139	KRATHIKA	a	✓
82	15140	LATHESH S	✓	✓
83	15143	MAHAMMAD IRFAN	✓	✓
84	15144	MAHAMMAD ZIYAD	✓	✓
85	15145	MANASA	✓	✓
86	15146	MANORAMA NAYAK	a	✓
87	15149	MOHAMMAD SAFVAN A	a	a
88	15150	MOHAMMED ANAS T A	✓	✓
89	15151	MOHAMMED FAYAZ M	✓	✓
90	15153	MOHAMMED SAIYAF	a	a

YOGA AND MEDITATION

Sl. No.	Roll No.	Student Name		
91	15158	MUHAMMAD GAFOOR		
92	15162	NAMBOODIRI SREEJITH SAMBHU	✓	✓
93	15165	NEHA P	✓	✓
94	15168	NIVEDITHA	✓	✓
95	15171	PRANAVYA GOPALAN	✓	a
96	15172	PRATHEEKA R M	✓	✓
97	15178	RAKSHITH	✓	✓
98	15181	SANCHAYA K J	✓	a
99	15182	SANDESH S	✓	a
100	15183	SAPNA A PEDNEKAR	✓	✓
101	15184	SAURABH	✓	a
102	15187	SHEIKH ABDUL WAHAB	✓	a
103	15189	SHREYA SHETTY	✓	✓
104	15190	SHRIMITHA SUVARNA	a	a
105	15192	SHUBHANGI SHARMA	✓	✓
106	15194	SNIGDHA RAJ	✓	✓
107	15198	SUAID HASSAN SIDDIQUE	✓	✓
108	15199	SULAIMAN THANSEEM	✓	✓
109	15200	SUMAN H M	✓	✓
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	✓	a
117	15215	VENKATESH S RAO	✓	✓
118	15216	VIGNESH KUMAR J	✓	✓
119	15218	VISHAL KOTYAN	a	a
120	15220	YOGITHA	✓	✓



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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
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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.


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YOGA AND MEDITATION

Sl. No.	Roll No.	NAME OF THE CANDIDATE	Attendance
1	14101	AARON AGNEL RODRIGUES	✓
2	14102	ABDUL LATHEEF P F	✓
3	14103	ABDUL RAHIMAN MUKTHAR	✓
4	14104	ABDUL RAHIMAN T	a
5	14106	ADHIL	✓
6	14107	AKASH G	a
7	14108	AKSHATHA BALLAL	a
8	14109	AMITH PAI K	✓
9	14112	APOORVA BALAKRISHNA SHETTY	✓
10	14117	ASHWIN V RAO	✓
11	14118	BADRUDDIN	✓
12	14119	CHAITHRA KINI N	✓
13	14120	CHAITRA K	✓
14	14123	CHEZHAN D	✓
15	14124	DEEKSHA JAIN	✓
16	14127	DESSAI TRUPTI DEEPAK	✓
17	14128	DHEERAJ SHET	a
18	14136	ISMAIL GHAZI RUKNUDDIN	✓
19	14137	JOCIL ROSHAN MASCARENHAS	✓
20	14140	KAVYA SHREE	✓
21	14143	KRATHIKA U K	a
22	14144	KRITHI K KOTIAN	✓
23	14147	MANJUNATHA	✓
24	14148	MEGHA J RAO	✓
25	14149	MELITA LIKITHA PINTO	✓
26	14150	MOHAMMAD ISHAN H A	✓
27	14151	MOHAMMED FARAAZ BUKSH	✓
28	14152	MOHAMMED IQBAL	✓
29	14160	NIREEKSHA R	✓
30	14161	NISHAN H KUMAR	✓

YOGA AND MEDITATION

Sl. No.	Roll No.	NAME OF THE CANDIDATE	
31	14162	NISHANTH B R	✓
32	14165	P A PRAVEEN KUMAR	✓
33	14166	PALLAVI	✓
34	14169	PAVANHAND C	✓
35	14171	PRADEEP S	✓
36	14174	PRATHIKSHA BHAT M	a
37	14175	PRAVEEN K N	✓
38	14176	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 N	✓
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	14215	VIDYA B	✓
59	14217	VIKAS	✓
60	14219	WASIM AKRAM K M	✓

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

IST YEAR MBA 2014-15

YOGA AND MEDITATION

Sl. No.	Roll No.	NAME OF THE CANDIDATE	
61	14105	ABHIJITH	✓
62	14110	ANUSHA	✓
63	14111	ANUSHA M S	✓
64	14113	ARJUN BALIGA M	✓
65	14114	ARUN K	✓
66	14115	ARUN KARANTHA	✓
67	14116	ASHLESH B	✓
68	14121	CHANDINI C	✓
69	14122	CHETAN	✓
70	14125	DEEKSHITHA B N	✓
71	14126	DEEPTHI	✓
72	14129	DILEEP N S	✓
73	14130	DISHA DHARMENDRA	a
74	14131	DIVYA SHREE 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	14154	MOHAMMED YAHYA AJAIB	a
87	14155	NAJEEB MOHAMED ATTAR	✓
88	14156	NAJUMUDEEN POCKER	✓
89	14157	NANDU SUBHASH	✓
90	14158	NAZEER	✓

YOGA AND MEDITATION

Sl. No.	Roll No.	NAME OF THE CANDIDATE	
91	14159	NIDHI RAI	✓
92	14163	NISHCHITHA	✓
93	14164	NUVAID M	✓
94	14167	PARVATHI H	✓
95	14168	PAVAN KRISHNA KOTEKAR	a
96	14170	PAYASWINI N P	✓
97	14172	PRANAMYA B	✓
98	14173	PRAPTI KUMARI SHETTY	✓
99	14178	PUNITH M N	✓
100	14179	RAKSHA N	✓
101	14183	RAKSHITH P S	✓
102	14186	ROMITH K	✓
103	14188	ROYDON JOEL DIAS	a
104	14189	SACHIN CHOWTA	✓
105	14191	SAJAN K P	✓
106	14192	SANCHITHA B	✓
107	14194	SANJAY M	✓
108	14195	SANNIDHI ALVA	✓
109	14198	SAVIOLA PEARL LOBO	✓
110	14201	SHEEBA ADLIN	✓
111	14203	SHIVANI NAGWAN	✓
112	14204	SHIVANI PAI	✓
113	14205	SHREYAS K S	✓
114	14209	SURABHI E CHANDRA	✓
115	14210	SWATHI A	✓
116	14213	TILAK RAJ	✓
117	14214	TRIPTI MAHESHWARI	✓
118	14216	VIJETH KOTIAN	✓
119	14218	VISHNUPRASAD R KHADILKAR	a
120	14220	ZAINULABIDIN MAAZ	✓