



**S204**

## **Report**

### **Academic Year 2020 -2021**

**Name of the event : Webinar on “Zumba- A gateway to an Active Lifestyle**

**Date : 25/09/2020**

**Time : 3:00pm– 4.30 pm**

**Venue : Online**

**Organized by: Department of Home Science, Vimala College, Thrissur**

**Number of Participants : 313**


The webinar on ‘Zumba- A gateway to an Active Lifestyle’ began at 3 p.m. in the evening as planned. The session started off with a welcome and introduction of the resource person, Mrs Thulasi Unnikrishnan (certified Zumba instructor, Canada). The session was held on Google meet on 25 / 9 /2020. It was coordinated by Ms. Malavika Rajeev and Ajeena Xavier. Resource person dealt with the topic on " Zumba -A Gateway to an active lifestyle." The introduction of resource person was delivered by Devika Suresh. The webinar gave insight on the importance of active Lifestyle through Zumba, relief of stress through dietary management and to create a positiveness in life. Followed by the event was the question answer session and there was a 30 minute workout session. The vote of thanks was given by Ms Filby Joy V. Total 125 participants attended the session. The meet ended at 4:30pm. The feedback form link was sent to the emails of the participants for the e – certificates.

**Please visit the link for Video: <https://youtu.be/Ariu-Csp5Ig>**




## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### Brochure




Vimala College(Autonomous) Thrissur, Kerala  
NAAC Reaccredited (3rd cycle) : A Grade-CGP 3.50 on a 4 Point Scale  
College With Potential For Excellence (CPE)




# Umang 2K20


**Department of Home Science**  
Presents National Webinar On  
**Zumba- A Gateway to an Active lifestyle**



*Zumba fitness is for people  
of all ages and all fitness levels....!  
Come join and have a BLAST!!!*



**Thulasi Unnikrishnan**  
Certified Zumba Instructor  
ZIN (Canada) @ Zumba Fitness®



Google  
Meet On

Date : 25 September 2020  
Time : 2.30 pm - 4. pm

<https://forms.gle/HVVtpd1fAiDELWEW7>

**Free Registration**  
E- Certificate Will be issued to all the participants

Head of The Department : Dr. Thomas Ruby Mariamma  
Teacher Coordinator : Betty Thomas  
Student Coordinators : Anna Mariya Babu & Amritha P. J




## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

National Webinar | Zumba A Gateway To An Active Lifestyle | Thulasi Unnikrishnan

### The HOW ???

- ▶ Work physical **activity** into your daily life.
- ▶ Take a walk around the block.
- ▶ Play with your kids.
- ▶ Work on the activities you like – swimming, biking, walking.



1. Add physical activity to existing exercise. [View details](#)

15:15 / 1:06:32


Scroll for details

Exit full screen (f)

National Webinar | Zumba A Gateway To An Active Lifestyle | Thulasi Unnikrishnan

Press **Esc** to exit full screen

### Benefits !!!



- Stress Relief – Social Interactions**
- Make new friends everyday!**
- Let's bring the world closer!**
- Releases dopamine and endorphins which boosts your mood.**
- All the claps, hoots and cheers help release stress.**

1. Add physical activity to existing exercise. [View details](#)

29:33 / 1:06:32

Scroll for details

### Link for Feedback

[https://docs.google.com/spreadsheets/d/1EVKPVe9r23yA\\_dFIRwEVTkB3XMSj4FZWuMgndO8UWk0/edit?usp=drivesdk](https://docs.google.com/spreadsheets/d/1EVKPVe9r23yA_dFIRwEVTkB3XMSj4FZWuMgndO8UWk0/edit?usp=drivesdk)

*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**List of Participants- link:** <https://docs.google.com/spreadsheets/d/1A8jsXIOH972o7owpDBLvwbD-loy99UOcLT9aARbLDco/edit?usp=drivesdk>

Full name	Designation	Institution
1. Christy Dojan	Student	Vimala college Thrissur
2. Devika Suresh	Student	Vimala college Thrissur
3. Athira C	Student	Vimala college Thrissur
4. Fiona Joseph	Student	Vimala college Thrissur
5. Jesveena T Joy	Student	Donbosco college, Mannuthy
6. Sr.Sowmia	Student	Vimala college Thrissur
7. Swathi Rajagopal	Student	Vimala college Thrissur
8. Mariya Lazar	Student	Vimala college Thrissur
9. Akshaya Nair	Student	Vimala college Thrissur
10. Ajila Antony	Student	Vimala college Thrissur
11. Krishnapriya Mv	Student	Vimala college Thrissur
12. Merin James	Student	Vimala college Thrissur
13. Steffy Devassy	Student	Vimala college Thrissur
14. Anisha Paul T	Student	Vimala college Thrissur
15. Maria Joju	Student	Vimala college Thrissur
16. Francine Mary Pm	Student	Vimala college Thrissur
17. Anjana C S	Student	Vimala college Thrissur
18. Aswathy C N	Student	Vimala college Thrissur
19. Neha M K	Student	Vimala college Thrissur
20. Mikhiya	Student	Vimala college Thrissur
21. Meera K M	Faculty	Vimala college Thrissur
22. Fathima Asna T A	Student	Vimala college Thrissur
23. Anjali Krishna P S	Student	Vimala college Thrissur
24. Sahala Basheer	Student	Vimala college Thrissur
25. Raghitha Devi K R	Student	Vimala college Thrissur
26. Rose Jaison	Student	Vimala college Thrissur
27. Gopika Krishna N	Student	Vimala college Thrissur
28. Romy D Kittan	Student	Vimala college Thrissur
29. Malavika T S	Student	Vimala college Thrissur
30. Mariya Vinson	Student	Vimala college Thrissur

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

31. Romy D Kittan	Student	Vimala college Thrissur
32. Duggani Mrudula	Student	St.Teresas autonomous college. EKM
33. Devika NB	Student	Vimala college Thrissur
34. Elsa Lijo	Student	Vimala college Thrissur
35. Ayana.K	Student	Vimala college Thrissur
36. Devika Rajesh Menon	Student	Vimala college Thrissur
37. Kavya Balachandran	Student	Vimala college Thrissur
38. Angel Maria TJ	Student	Vimala college Thrissur
39. Helen Maria Stanley	Student	Vimala college Thrissur
40. Christeena Tony K.	Student	Vimala college Thrissur
41. Blessy Charly	Student	Vimala college Thrissur
42. Mariya.M.P	Student	Vimala college Thrissur
43. Selvanayaki M	Student	Vimala college Thrissur
44. Nandana Chandran	Student	Vimala college Thrissur
45. Winny Maria Jose	Student	Vimala college Thrissur
46. Anjaly Anto	Student	Vimala college Thrissur
47. Airyn. K. John	Student	Vimala college Thrissur
48. Shelin Jose V	Student	Vimala college Thrissur
49. Jain Mary George	Student	Vimala college Thrissur
50. Sinta Jose K	Student	Vimala college Thrissur
51. Angela Joshy	Student	Vimala college Thrissur
52. Shradha V	Student	Vimala college Thrissur
53. Niya Joy	Student	Vimala college Thrissur
54. Arpitha Thomas	Student	Vimala college Thrissur
55. Kavya Ks	Student	Vimala college Thrissur
56. Adithya. A. A	Student	Vimala college Thrissur
57. Aparna K Venugopalan	Student	Vimala college Thrissur
58. Aparna K Venugopalan	Student	Vimala college Thrissur
59. Aparna K Venugopalan	Student	Vimala college Thrissur
60. Deepthy Es	Student	Vimala college Thrissur
61. Edweena Raju	Student	Vimala college Thrissur
62. Angel Rajan	Student	Vimala college Thrissur
63. Nandana Kp	Student	Vimala college thrissur
64. Vidya K B	Faculty	Vimala college Thrissur
65. Aparna George	Student	Vimala college Thrissur

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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

66. Vismaya AB	Student	Vimala college Thrissur
67. Anjana.K	Student	Vimala college Thrissur
68. Pooja AB	Student	Vimala college Thrissur
69. Anna Aflin Thomas M	Student	Vimala college Thrissur
70. Alex. K. S	Student	Don bosco college
71. Devika M P	Student	Vimala college Thrissur
72. Krishnapriya Ks	Student	Vimala college Thrissur
73. Jyothilakshmi T S	Student	Vimala college Thrissur
74. Sandra Sajeev	Student	Vimala college Thrissur
75. Seethal E.S	Student	Vimala college Thrissur
76. Aneesha A. A	Student	Vimala college Thrissur
77. Jaseera Ps	Student	Vimala college Thrissur
78. Nimmy Jemson	Student	Vimala college Thrissur
79. Gouri I J	Student	Vimala college Thrissur
80. Jaseera Ps	Student	Vimala college Thrissur
81. Pallavi Peethambaran	Student	Vimala college Thrissur
82. Anna Mariya Babu	Student	Vimala college Thrissur
83. Helna Biju	Student	Vimala college Thrissur
84. Chandana Sreekumar	Student	St Aloysius
85. Achanya Suresh	Student	St mary's college thrissur
86. Aleena Sunny	Student	Vimala college Thrissur
87. Nova Mariya	Student	Vimala college Thrissur
88. Aswathykl	Student	Vimala college Thrissur
89. Vidhya C Wilson	Student	Vimala college Thrissur
90. Aneena Titus	Student	Vimala college Thrissur
91. Riya Hans	Student	Vimala college Thrissur
92. Anjaly V J	Student	Vimala college Thrissur
93. Megha.V	Student	Vimala college Thrissur
94. Malavika	Student	Vimala college Thrissur
95. Sreekutty Suresh	Student	Vimala college Thrissur
96. Irin Antony	Student	Vimala college Thrissur
97. Sreelakshmi P R	Student	Vimala college Thrissur
98. Aneeta Clement	Student	Vimala college Thrissur
99. Cicina Mariya Cicil	Student	Vimala college Thrissur
100. Dona Viju	Student	St.marys college Thrissur
101. Harsh P Josh	Student	University College of engineering

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## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

102.	Derly Davis	Student	Jyothi Engineering College Cheruthuruthy
103.	Afna Jaleel	Student	Vimala college Thrissur
104.	Ann Mary Jose	Student	Vimala college Thrissur
105.	Karthika A	Student	Vimala college Thrissur
106.	Christy.Joju	Student	Vimala college Thrissur
107.	Karthika A	Student	Vimala college Thrissur
108.	Karthika A	Student	Vimala college Thrissur
109.	Amisha P A	Student	Vimala college Thrissur
110.	Shilpa.Ks	Student	Vimala college Thrissur
111.	Aleena M B	Student	Vimala college Thrissur
112.	Nayana. P. Joseph	SLP	Jewel autism centre
113.	Devika Pr	Student	Vimala college Thrissur
114.	Afeeha A P	Student	Vimala college Thrissur
115.	Angel Lorance	Student	Kanachur medical college Mangloore
116.	Sandra Joy	Student	St.Mary's College,Thrissur
117.	Aiswarya K. M	Student	School of medical education
118.	Aiswarya K. M	Student	School of medical education
119.	Christy Pauly	Student	St.Mary's college, Thrissur
120.	Agna Tenny	Student	Vimala college Thrissur
121.	Unnimaya Ashok	Student	Vimala college Thrissur
122.	Sreesha Kp	Student	Vimala college Thrissur
123.	Alna Xavier	Student	Vimala college Thrissur
124.	Anitta. A B	Student	Vimala college Thrissur
125.	Liny Nixon	Student	Vimala college Thrissur
126.	Yavani B Moothedath	Student	Vimala college Thrissur
127.	Aswathy Venugopal	Student	Vimala college Thrissur
128.	Samyoojya Suresh	Student	Vimala college Thrissur
129.	Karthika Manoj	Student	Vimala college Thrissur
130.	Preemi Poly	Student	Vimala college Thrissur
131.	Sunaina Ps	Student	Vimala college Thrissur
132.	Meera K M	Student	Thrissur
133.	Anumol Shaju	Student	Vimala College
134.	Akshai Prakash	Student	BSSS
135.	Shery Shaju	Student	Vimala college Thrissur

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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

136.	Swathy Mohan	Student	Vimala college Thrissur
137.	Arunima K R	Student	PNPS Ayurveda Medical College, Kanhagad, Kasargod
138.	Samyoojya Suresh	Student	Vimala college Thrissur
139.	Jikcy Jose Pereppadan	Student	Christ College Irinjalakuda
140.	Ann Mariya Joy	Student	Vimala college Thrissur
141.	Archana K S	Student	Vimala college Thrissur
142.	Anu Mariya T Paulson	Student	Vimala college Thrissur
143.	Joshiya Pj	Student	Vimala college Thrissur
144.	Anaan Najaath V K	Student	Vimala college Thrissur
145.	Sona P Sabaridas	Student	Vimala college Thrissur
146.	Ayswarya T R	Student	Vimala college Thrissur
147.	Riya Mol A R	Student	Vimala college Thrissur
148.	Neethu C Johnson	Student	Vimala college Thrissur
149.	Angeliena K George	Student	Vimala college Thrissur
150.	Sonu Varghese	Student	Vimala college Thrissur
151.	Dr. Salini K.	Faculty	Vimala college Thrissur
152.	Gayathri G Menon	Student	Sri Vyasa NSS College Wadakancherry
153.	Archana P Suresh	Student	St. Teresa's College
154.	Kavya T S	Student	Vimala college Thrissur
155.	Reena.V	Student	Vimala college Thrissur
156.	Mariya Mathew	Student	Vimala college Thrissur
157.	Hanna Yesudas	Student	Vimala college Thrissur
158.	Smrithi.P.S	Student	Vimala college Thrissur
159.	<a href="#">Anjana.KR</a>	Student	Vimala college Thrissur
160.	Christeena Michael	Student	Vimala college Thrissur
161.	Nandana Chandran	Student	Vimala college Thrissur
162.	Gayathri.T	Student	Vimala college Thrissur
163.	Irin Davis	Student	Vimala college Thrissur
164.	Yadhukrishna	Student	Vimala college Thrissur
165.	Athulya. P. Prakasan	Student	Vimala college Thrissur
166.	Aardra Korothe	Student	Vimala college Thrissur
167.	Dr. Susan Cherian	Faculty	St. Teresa's College, Ernakulam
168.	Bhoomi Antony	Student	St.Teresa's college (autonomous), Ernakulam
169.	Rose Catharin	Student	St Teresas college ,Ernakulam

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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

170.	Anu Mariyam John	Student	St. Teresa's college ernakulam
171.	Anishma. PS	Student	Vimala College Thrissur (Autonomous)
172.	Sumitha Thampan	Student	St. Teresas College Ernakulam
173.	Nihala Bintah Nazer	Student	KAHM UNITY WOMEN'S COLLEGE MANJERI
174.	Jacquiline Deepika	Faculty	St Teresa's College
175.	Fathima Shifa Kp	Student	Unity women's college, manjeri
176.	Sherin Antony	Faculty	Bharata Mata College Thrikkakara
177.	Inshi V	Student	KAHM UNITY WOMEN'S COLLEGE
178.	Inshi V	Student	KAHM UNITY WOMEN'S COLLEGE
179.	Dr.Leena Leon	Faculty	St.Teresa's College,Ernakulam
180.	Shahana Shirin K	Student	KAHM unity women's college manjeri
181.	Shelin Jose V	Student	Vimala college Thrissur
182.	Aleena Babu	Student	Vimala college Thrissur
183.	Aleena Joju	Student	Vimala college Thrissur
184.	Mubeena K A	Student	Vimala college Thrissur
185.	Amra Fathima	Student	St Teresa's
186.	Harsha	Student	KAHM Unity women's College manjeri
187.	Meenu TR	Student	St Teresa's
188.	Fathima Suhaila.N.V	Student	KAHM unity woman's college Manjeri
189.	Reny Simon	Faculty	Vimala college Thrissur
190.	Stiya Babu	Student	Vimala college Thrissur
191.	Athira Ud	Student	Vimala college Thrissur
192.	Carmel Feona Francis	Student	St Teresa's College (Autonomous) Ernakulam
193.	G R Anumita	Student	Vimala college Thrissur
194.	Hridhya K S	Student	Vimala college Thrissur
195.	Shivani Roshan	Student	Vimala college Thrissur
196.	Elna Jofy	Student	Govt college Pattambi
197.	Anlia Marys	Student	Vimala college Thrissur
198.	Prisi Ros Vargees	Student	Vimala college Thrissur
199.	Savia E V	Student	Vimala college Thrissur

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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

200.	Bahira - M	Student	KAHM Unity Women's college Manjeri
201.	Priya Paul M.	Student	Chinmaya college of arts, commerce and science
202.	Sneha Cc	Student	Ansar womens college perumbilavu
203.	Ajeena Xavier	Student	Vimala college Thrissur
204.	Alina Ann Vijay	Student	Vimala college Thrissur
205.	Nowrin Rasheed	Student	Vimala college Thrissur
206.	Manju.Pauly	Student	Vimala college Thrissur
207.	Betty Thomas	Faculty	Vimala college Thrissur
208.	Filby Joy V	Student	Vimala college Thrissur
209.	Thameema Thasneem Mt	Student	St Teresas
210.	Jimsha Prasad	Student	Vimala college Thrissur
211.	Delna Davis	Student	Vimala college Thrissur
212.	Delna Davis	Student	Vimala college Thrissur
213.	Arunima. C. N	Student	ACKHMICA COLLEGE THOZHIOOR
214.	Sreya K.P	Student	Vimala college Thrissur
215.	Smera Girish	Student	Vimala college Thrissur
216.	Archana	Student	ICA college Thozhiyur
217.	Safa	Student	Vimala college Thrissur
218.	Resmi P S	Student	Don bosco college mannuthy ,Thrissur
219.	Amalu Suresh	Student	Vimala college Thrissur
220.	Anjana C R	Student	Vimala college Thrissur
221.	Arshidha E.M	Student	Vimala college Thrissur
222.	Jinitha UG	Student	IES COLLEGE OF ENGINEERING CHITILAPPILLI
223.	Sandra P Sunny	Student	IES College of Engineering Chittilapily
224.	Sabil. C. B	Student	St. Thomas college
225.	R. Dharani	Student	Sri Meenakshi govt arts college for women (A), Madurai
226.	Jisna Joseph	Student	Vimala college Thrissur
227.	Nima Jose C	Student	Vimala college Thrissur
228.	Aleena K J	Student	Vimala college Thrissur
229.	Anagha Joseph	Student	Vimala college Thrissur
230.	Irin Davis	Student	Vimala college Thrissur

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

231.	Sony C Mohan	Student	Ansar Women's College Perumbilavu
232.	Aireenatony@Gmail.Com	Student	Triveni institute of pharmacy
233.	Devika Sankaranarayanan	Student	Triveni institute of Pharmacy
234.	Maria Theresa	Student	Triveni Institute Of Pharmacy Eranellur P.O Kecheri
235.	Noora Kasim Pm	Student	Vimala college Thrissur
236.	Archana K S	Student	Vimala college Thrissur
237.	Archana T Anil	Student	St Teresa's college, Ernakulam
238.	Sandra Maria	Student	St Teresa's College
239.	Thanvi Flory Martin	Student	St. Teresa's College, Ernakulam
240.	Ahsana Zahra .U	Student	St Teresa's college
241.	Leonora Antonia Morris	Student	St Teresa's college Ernakulam
242.	Leonora Antonia Morris	Student	St Teresa's college Ernakulam
243.	Resvin A.A	Student	St tresas college
244.	Sona P Sabaridas	Student	Vimala college Thrissur
245.	Anna Mary Joy	Student	Vimala college Thrissur
246.	Mary Sweeta Luiz	Student	St teresas college ernakulam
247.	Kate Treesa	Student	St Teresas college
248.	Neethu Krishna.E	Student	Vimala college Thrissur
249.	Sreelakshmi S	Student	St Teresa's college
250.	Greeshmathomas	Student	St Teresa's college Ernakulam
251.	Akhila P S	Student	St. Teresas college, Ernakulam
252.	Sangeetha Ks	Student	Donbosco college mannuthy
253.	Sreya K.P	Student	Vimala college Thrissur
254.	Samyoojya Suresh	Student	Vimala college Thrissur
255.	Anu Mariya T Paulson	Student	Vimala college Thrissur
256.	Athira C	Student	Vimala college Thrissur
257.	Anjana Sp	Student	Vimala college Thrissur
258.	Sreeraj VK	Student	Jain University
259.	Akhi Anand	Student	Jain university
260.	Aygin Johnson	Student	Triveni Institute of Pharmacy
261.	Grace Susan Binoy	Student	Vimala college Thrissur
262.	Athira C	Student	Vimala college Thrissur
263.	Delna Davis	Student	Vimala college Thrissur
264.	Kavya N.M	Student	Vimala college Thrissur

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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

265.	Sandra Anson M	Student	St teresas college. Ernakulam
266.	Gloria Babu	Student	Vimala college Thrissur
267.	Joshiya Pj	Student	Vimala college Thrissur
268.	Archana K S	Student	Vimala college Thrissur
269.	Nimisha Manoj	Student	Vimala college Thrissur
270.	Safna	Student	Vimala college Thrissur
271.	Shamna M.M	Student	Vimala college Thrissur
272.	Swathi Rajagopal	Student	Vimala college Thrissur
273.	Aiswarya VS	Student	Vimala college Thrissur
274.	Hridhya K S	Student	Vimala college Thrissur
275.	Swathi Rajagopal	Student	Vimala college Thrissur
276.	Jasna A R	Student	Vimala college Thrissur
277.	Ceona Joseph	Student	Vimala college Thrissur
278.	Gopika R Menon	Student	St.Teresa's College, Ernakulam
279.	Sona Alwin	Student	Vimala college Thrissur
280.	Mubeena Kp	Student	Vimala college Thrissur
281.	Mariya C Benny	Student	Vimala college Thrissur
282.	Rose Catharin	Student	St Teresa's college ,Ernakulam
283.	Nayana. P. Joseph	Speech language Pathologist	Jewel autism centre
284.	Sona.N.R	Student	Vimala college Thrissur
285.	Dr Agey Pappachan T	Faculty	Vimala college Thrissur
286.	Clara Jose	Student	Vimala college Thrissur
287.	Vishnupriya A	Student	Vimala college Thrissur
288.	Selvanayaki M	Student	Vimala college Thrissur
289.	Lamia Parvin	Student	Vimala college Thrissur
290.	Nandana Kp	Student	Vimala college Thrissur
291.	Nandana Chandran	Student	Vimala college Thrissur
292.	Nitha M A	Student	Vimala college Thrissur
293.	Akhila Raju	Student	Vimala college Thrissur
294.	Asha K S	Student	Vimala college Thrissur
295.	Blessy Charly	Student	Vimala college Thrissur
296.	Clara Jose	Student	Vimala college Thrissur
297.	Nandana Kp	Student	Vimala college Thrissur
298.	Riya Mol A R	Student	Vimala college Thrissur
299.	Sandra S Raj	Student	Vimala college Thrissur

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

300.	Sandra S Raj	Student	Vimala college Thrissur
301.	Gloria Babu	Student	Vimala college Thrissur
302.	Aleena K.S	Student	Vimala college Thrissur
303.	Athira M.S	Student	Vimala college Thrissur
304.	Gopika G	Student	Vimala college Thrissur
305.	Aleena K.S	Student	Vimala college Thrissur
306.	Gayathri Girish Nair	Student	Vimala college Thrissur
307.	Emilin Thobias	Student	Vimala college Thrissur
308.	Sandra Sajeev	Student	Vimala college Thrissur
309.	Sneha Prakash	Student	Vimala college Thrissur
310.	Winny Maria Jose	Student	Vimala college Thrissur
311.	Juhiya Cb	Student	Vimala college Thrissur
312.	Krishnapriya Mv	Student	Vimala college Thrissur
313.	Samgamithra DS	Student	Vimala college Thrissur

Head, Department of Home Science



PRINCIPAL IN-CHARGE  
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