



Criterion V

Student Support and Progression



5.1.3 Life Skills

2019-2020



Life Skills 2019-2020

1. Healthy Living

Brochure

The background of the brochure features a collage of images related to health and wellness, including a plate of food, a person in a yoga pose, and various fruits and vegetables.

VIMALA COLLEGE AUTONOMOUS
THRISSUR
DEPARTMENT OF MALAYALAM

HEALTHY LIVING

YOGA
HEALTHY DIET TIPS
HEALTHY LIVING TIPS
GARDENING

ADMISSION STARTED
COURSE DURATION
1 YEAR

Fee - ₹500

Class Time - Monday and Tuesday
CERTIFICATE WILL BE ISSUED AFTER THE COURSE

ALL ARE WELCOME



List of Students from different departments

Department of Malayalam

Add on –Healthy Living

List of Students Enrolled

Sociology

- 1 Sneha Renny
- 2 Sreeshma R R
- 3 Harsha Francis
- 4 Steniya
- 5 Steny Brighty K B
- 6 Anakha K
- 7 Steeva Shaji
- 8 Rose Maria

ENGLISH

- 1 Sandra C Antony

B COM(R)

- 1 Tania Marks
- 2 Kochutheria John
- 3 Soorya M K
- 4 Roshitha K S
- 5 Navya M
- 6 Anitta Thomas
- 7 Selma Shabu
- 8 Rose Wilson
- 9 Nikhitha Thilakan
- 10 Sneha T
- 11 Binsha O
- 12 Vaani N V
- 13 Abhiraami

BCOM (S)

- 1 Anjana k M
- 2 Helna Lonappan
- 3 Asna A
- 4 Maria Antony
- 5 Avany K B
- 6 Sreelakshmi P Warrior
- 7 Silpa S Menon
- 8 Aleesha Badhusa
- 9 Aswathi B Nair
- 10 Fibi Francis
- 11 Sreelakshmi
- 12 Devika C A
- 13 Aiswarya Maneesh
- 14 Elizebeth
- 15 Annmary Joseph
- 16 Meena Unnikrisnan
- 17 Anjana K A
- 18 Nikhila Krishan

English (FN)

- 1 Femi
- 2 Aiswarya T R
- 3 Nimitha K Dinesh
- 4 Roshni Baby
- 5 Jisna Davis

TEXTILES

- 1 Jisna Mariya Francis A
- 2 BhagyaSadanandhan
- 3 Megha A A
- 4 Sandra Joy
- 5 Megha T R
- 6 Ayana Ramesh
- 7 Annmaria Antony





MALAYALAM

- 1 Aneena
- 2 Ancy
- 3 Sangeetha
- 4 Vidya
- 5 Annmaria
- 6 Theresa
- 7 Sona K T
- 8 Ardra
- 9 Shyma
- 10 Divya P S
- 11 Reshna
- 12 Shibi M S
- 13 Dilna Maria
- 14 Femina
- 15 Anitta Thomas
- 16 Femina A A
- 17 Maria Johnson
- 18 Jismi Varghese
- 19 Sreelakshmi K R
- 20 Remyakrishna A R
- 21 Remya P R
- 22 Ragi
- 23 Nivedya
- 24 Durga
- 25 Kavya
- 26 Bincy
- 27 Anitta
- 28 Immaculate
- 29 Athulya V S

MATHS

- 1 Shahana Shirin
- 2 Amrutha Mol
- 3 Alena C J
- 4 Annglenda
- 5 Sandra Santhosh
- 6 Maria M J
- 7 Architha Uday
- 8 Aneesa M A
- 9 Justina Ouseph

ECONOMICS

- 1 Nidheena K S
- 2 Lincy K L
- 3 Sneha Mohan
- 4 Aneetta Anto
- 5 Angel Moris
- 6 Ashitha
- 7 Krisnapriya K U
- 8 Blessy
- 9 Sneha K J
- 10 Megha K R

COMPUTER SCIENCE

- 1 Sneha C J
- 2 Giennamaria
- 3 Agna





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Dept of Malayalam
Add On Course in Healthy Living VMADDML01

Syllabus

Sl. No	TITLES	HOURS
1	Healthy Body - Exercises	10
2	Yoga for Health	10
3	Healthy Food Habits	9
4	Naturopathy	6
5	Health & Beauty	6
6	Mental Health & Counselling	4
7	Organic Living	5

SYLLABUS IN DETAIL

Module 1 .Healthy Body

Unit 1 Exercises
UNIT 2: Healthy Diet
Unit 3-Health & Beauty

Module 2-Yoga

UNIT 1 - Theory
UNIT 2- Practical

Module 3-Naturopathy

UNIT 1 - Organic Food
UNIT 2-Organic Farming

Module 4-Mental Health

UNIT 1 - Counselling
Report

FINAL REPORT FORMAT FOR ACADEMIC YEAR 2019-20

Name of the Department : Malayalam
Title of the course : Healthy Living
Course code : VMADDML02
Nature of course : Add-on
Duration of course : 1 Year
Whether MoU/Academic linkage? : No
Are Industrial visits included? : No
Was it open to all students? : Yes
No: of Students enrolled : 45
No: of Students completed : 45
Details of the faculty :
External experts :DrSrSanthra& Ms Lincy Thomas
Internal experts : Nil
No. of times conducted per year : One
Fee structure : Rs 500/-

Course Coordinator Dr Hemamalini M

Head of the Department Dr Hemamalini M

(Attach course syllabus & MoU/linkage details separately. Also, attach list of students, attendance, exam details, result, statement of expenditure etc whichever is applicable)

2. Fitness and Wellness Programme
Report with Photos
Course Detail



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

2. FITNESS + WELLNESS PROGRAM

Date: June-November 2020

Time: 08.30am to 9.30am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education

Name of the teacher coordinators:

1. Hemalatha .V, HOD, Dept. of Physical. Education
2. Agibet Mathews, Assit.Professor, Dept of Physical.Education

Duration of Programme :20 Hours

Email: physicaleducation@vimalacollege.edu.in

No. of participants: 49

Brief Report of the Event with photos:

This course will provide an overview of the lifetime necessary for health fitness and wellness. Students will participate in physical activities and access their fitness status. Students will be introduced to proper nutrition, weight management, and different means of fitness development. The program incorporated with 2 hours of theory and 18 hours of practical. The program was conducted for fifth semester students. Pre and post-test were taken to access the improvement in their fitness level and they were instructed to continue the exercise training program lifelong to maintain a better quality of life.



List of attachments:

- i) Syllabus - attachment
- ii) Student List- attachment

Signature

Coordinator



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



3. WELLNESS + FITNESS PROGRAMME

Name of the course: Wellness + Fitness Programme

Duration: 12 Weeks

Wednesdays 09.00 am to 10.00 am

Vimala Indoor Stadium

2018-2019: June – August

Instructors

Hemalatha V

HOD

Department of Physical Education

Agibet Mathews

Assistant Professor

Department of Physical Education

Course Objectives

This course will provide an overview of the lifetime necessary for health fitness and wellness. Students will participate in physical activities and access their fitness status. Students will be introduced to proper nutrition, weight management, and different means of fitness development.

Programme Specific Outcomes

- ❖ Explains and demonstrates the components of physical fitness and wellness.
- ❖ Understand one's personal fitness level.
- ❖ Demonstrate and explain various means of fitness development.
- ❖ Explain how to maintain/improve one's fitness level.

Course Requirements

- ❖ Class attendance is required
- ❖ Preparation for each class and active participation are expectations
- ❖ Physical activity is required

C. Course Outline

COURSE OUTLINE

**OPEN COUSE IN PHYSICAL EDUCATION COURSE OUTLINE (PHYSICALACTIVITYHEALTHANDWELLNESS –
CODE:VPE5D01)**

Module-I: Concept of Physical Education and Fitness

1. Definition, Aims and Objectives of Physical Education, Importance and Scope of Physical Education, Physical fitness and Wellness
2. Physical fitness components -Speed, Strength, Endurance, Flexibility and Coordinative Abilities
3. Types of Physical Fitness

Health related Physical Fitness Performance Related Physical Fitness Cosmetic fitness

Physical Fitness, Test and Assessment, Body mass Index/Skin fold Measurement, BMR,Pulse Rate,Blood Pressure

4. Fitness Balance

Module-II:ExercisePrinciples,FirstAid&Nutrition

1. Principles of Exercise Programme
2. Activities for developing Physical Fitness Components
3. Exercise and Heart rate Zones
4. Definition, Aim and Principles of First Aid
5. RICE,ABC of FirstAid, FirstAid for Fracture,Bleeding,Drawning and SnakeBite
6. Basics of Food,Nutrients,Balanceddiet,FoodPyramid&Deficiencydiseases

Module-III;Yoga, Stress Management and Postural Deformities

1. Definition and Meaning of Yoga, Asana Pranayama
2. Eight Limbs of Yoga (Yama, Niyama, Asana, Pranayama, Prathyahar, Dhyan, Dharana,Samadhi)
3. Surya Namaskara

Sl. No.	TYPES	ASANAS&ITSEFFECTS
1	Supineposition	Sarvangasan
2		MatsyasanaCounterpose)
3	PronePosition	Bhujangasan
4	PronePosition	Salabhasan(CounterPose)
5	Sitting	YogaMudra
6	Sitting	Ardhamasyandrasan
7	Sitting	Ustrasan
8	SittingMeditative	Vajrasan
9	SittingMeditative	Padmasan
10	Relaxation	Savasan
11	Relaxation	Makarsan





4. Pranayama

Nadisudhipranayama, Kabhalbhati, Suryabhedana & ChandraBhedana

5. Postural Deformities –Corrective measures (Khyposis Lordosis, Scoliosis, Bow legs, Knock Knee & Flatfoot.

6. Stress Management and Relaxation Techniques

Module-IV: Vital Signs, Lifestyle Diseases/Hypo-kinetic Diseases and its Management Pulse Rate, Respiratory Rate, Blood Pressure, Body Temperature

Diabetes Hypertension Obesity Osteoporosis CHD Backpain

3. V Fit Programme

A. Details with Photos

V-FIT PROGRAMME DETAILS

Year	Name of Quality Initiative by IQAC	Date of Conducting Activity	To ...Date	Number of participants
2019-20	Introduction of V Fit and College Fitness Education Programme (CoFE) Programme	01.07.2019	01.07.2019	213
2019-20	V-Fit –A fitness programme for students – Session I on Zumba	01.07.2019	01.07.2019	80
2019-20	V-Fit – Session II on Zumba	15.07.2019	15.07.2019	119
2019-20	V-Fit –Sessions by NCC Students	29.07.2019	29.07.2019	228
2019-20	V-Fit – Session – 1 on Pranik Healing	05.08.2019	05.08.2019	51
2019-20	V-Fit – Session II on Pranik Healing	19.08.2019	19.08.2019	105
2019-20	V-Fit – Session III on Zumba Training Session	26.08.2019	26.08.2019	67
2019-20	V-Fit – Session I on Nutrition	02.09.2019	02.09.2019	73
2019-20	V-Fit – Session II on Nutrition	01.10.2019	01.10.2019	230

First Year UG Add On – Nutrition [V Fit Session 1 on Nutrition]

Time: 02.10 pm to 03.00 pm / Participants: 73





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Date: 01 October 2019

First Year UG Add On – Nutrition [V Fit Session II on Nutrition]

Time: 02.10 pm to 03.00 pm

Participants: 230



VIMALA COLLEGE, THRISSUR - 9 (Autonomous)

VOUCHER

Dt. 26 August 2019

Received with thanks from the Principal, Vimala College, Thrissur - 9
the sum of Rs. 2,250/- (Rupees Two
Thousand Two Hundred and Fifty only)
towards remuneration to the resource person for
conducting Zumba Fitness Class as part of U-Fit Programme
(Add On Course) for the First Year UG Students on
1 July, 2019, 15 July, 2019
& 26 August 2019

Signature :

Name :

Address :

Sreema Chopra
25 plot no. Rohini
Murugha Nagar
Post Pankunnam



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



4. College Fitness Education Programme

A. Report

Name of the Event: COLLEGE FITNESS EDUCATION (COFE) PROGRAM

Date:September-December 2019

Time:2.30pm to 3.30pm

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education

Name of the teacher coordinators:

5. Hemalatha .V, HOD,Dept. of Physical. Education

6. Agibet Mathews, Assit.Professor,Dept of Physical.Education

Duration of Programme :10 Hours

No. of participants: 215

Brief Report of the Event with photos:

COLLEGE FITNESS EDUCATION PROGRAMME (COFE) was developed by the Calicut University department of physical education to attract the college students for the regular physical exercise to maintain good health among student community by awarding grace marks (6 marks) in one semester for the participation in the regular physical fitness training programme. The program incorporated 10 hours practical. The program was conducted for first year students with the help of sports student's coordinators and the training was given for 10 hours. Only those students having 80% attendance were allowed to attend the physical tests. . At the end of the program an examination was conducted and the successful students were given grace marks accordingly. Certificates were issued to all students coordinators.

Students Coordinators-

1:Simipaul.AP

2:Bhavana.MV

3:Rinjitha

4:Snehamichael

5:Arunadithya.PP

6:Krishnapriya.p

7:Sneha.K

8:Anjali.M

9:Fathima Fidha

9:Prajila.M

10:Arunima Sunil.RS

11:Pradhibha Kumari

12: AnaghaShanmughan

13:Sruthy.K

14:Gopika.K

15:Sabithamol

16:Therasia Joseph

17:Harsha

18:Ramya.Av

19:Jeena

20:Dona maria Tom

21:Aleena Devesia

22:Aneesha Joseph

23:Sinu Siddique

24:Sharanya.MS





COLLEGE FITNESS EDUCATION PROGRAMME (COFE)



List of attachments:

B. Attendance Sheet

COFE 2019-2020 ATTENDANCE													
Sl.No	DEPARTMENT	NAME	December										
			2	3	4	5	6	9	10	11	12	13	14
1	Botany	Mariya Sony	X	X	X	X	X	X	X	X	X	X	X
2	Botany	Aljomary C Joy	X	X	X	X	X	X	X	X	X	X	X
3	Botany	Jesni Mariya John	X	X	X	X	X	X	X	X	X	X	X
4	Botany	Amritha T R	X	X	X	X	X	X	X	X	X	X	X
5	Botany	Delrose Thomson	X	X	X	X	X	X	X	X	X	X	X
6	Botany	Chrislin Vincent M	X	X	X	X	X	X	X	X	X	X	X
7	Botany	Akshaya A	X	X	X	X	X	X	X	X	X	X	X
8	Botany	Anjana A R	X	X	X	X	X	X	X	X	X	X	X
9	Botany	Anjana N S	X	X	X	X	X	X	X	X	X	X	X
10	Botany	Deepthy Theresa	X	X	X	X	X	X	X	X	X	X	X
11	Botany	Krishnapriya	X	X	X	X	X	X	X	X	X	X	X
12	Botany	Arunadithya	X	X	X	X	X	X	X	X	X	X	X
13	Chemistry	Rinsha Br	X	X	X	X	X	X	X	X	X	X	X
14	Chemistry	Diya Ms	X	X	X	X	X	X	X	X	X	X	X
15	Chemistry	Aswathyunnikrishnan K	X	X	X	X	X	X	X	X	X	X	X
16	Chemistry	Anna George P	X	X	X	X	X	X	X	X	X	X	X
17	Chemistry	Devika P	X	X	X	X	X	X	X	X	X	X	X
18	Commerce Self	Sandra Joju	X	X	X	X	X	X	X	X	X	X	X
19	Commerce Self	Sandhra Baby	X	X	X	X	X	X	X	X	X	X	X
20	Commerce Self	Jeslin Joseph	X	X	X	X	X	X	X	X	X	X	X
21	Commerce Self	Jessica Jose	X	X	X	X	X	X	X	X	X	X	X
22	Commerce Self	Sinta Rose	X	X	X	X	X	X	X	X	X	X	X
23	Commerce Self	Akshaya C	X	X	X	X	X	X	X	X	X	X	X



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

24	Commerce Self	Neethu Tony	X	X	X	X	X	X	X	X	X	X
25	Commerce Self	Arya Ravindran	X	X	X	X	X	X	X	X	X	X
26	Commerce Self	Nihala P N	X	X	X	X	X	X	X	X	X	X
27	Commerce Self	Theresa Thomas	X	X	X	X	X	X	X	X	X	X
28	Commerce Self	Julia Jaison	X	X	X	X	X	X	X	X	X	X
29	Commerce Self	Diliya Anto	X	X	X	X	X	X	X	X	X	X
30	Commerce Self	Amrita P S	X	X	X	X	X	X	X	X	X	X
31	Commerce Self	Rose Prince	X	X	X	X	X	X	X	X	X	X
32	Commerce Self	Sona V P	X	X	X	X	X	X	X	X	X	X
33	Commerce Self	Blessy E B	X	X	X	X	X	X	X	X	X	X
34	Commerce Self	Agnus Wilson	X	X	X	X	X	X	X	X	X	X
35	Commerce Self	Aleena Biju	X	X	X	X	X	X	X	X	X	X
36	Commerce Self	Sreelakshmi C V	X	X	X	X	X	X	X	X	X	X
37	Commerce Self	Sini M C	X	X	X	X	X	X	X	X	X	X
38	Commerce Self	Sneena K Pradeep	X	X	X	X	X	X	X	X	X	X
39	Commerce Self	Jesna Jabbar	X	X	X	X	X	X	X	X	X	X
40	Commerce Self	Aleena P S	X	X	X	X	X	X	X	X	X	X
41	Commerce Self	Krishna P U	X	X	X	X	X	X	X	X	X	X
42	Commerce Self	Anjana Krishna	X	X	X	X	X	X	X	X	X	X
43	Commerce Self	Aleesha Sajjad	X	X	X	X	X	X	X	X	X	X
44	Commerce Self	Maria Francis	X	X	X	X	X	X	X	X	X	X
45	Commerce Self	Lin Joshy	X	X	X	X	X	X	X	X	X	X
46	Commerce Self	Augin Mary Thomas	X	X	X	X	X	X	X	X	X	X
47	Commerce Self	Amritha K	X	X	X	X	X	X	X	X	X	X
48	Commerce Self	Aysa Dilna	X	X	X	X	X	X	X	X	X	X
49	Commerce Self	Sneha Michael	X	X	X	X	X	X	X	X	X	X
50	Commerce Self	Amal Rose Rony	X	X	X	X	X	X	X	X	X	X
51	Commerce Regular	Anjana M N	X	X	X	X	X	X	X	X	X	X
52	Commerce Regular	Sneha K V	X	X	X	X	X	X	X	X	X	X
53	Commerce Regular	Sona Shaju	X	X	X	X	X	X	X	X	X	X
54	Commerce Regular	Minnu E G	X	X	X	X	X	X	X	X	X	X
55	Commerce Regular	Christy T J	X	X	X	X	X	X	X	X	X	X
56	Commerce Regular	Ananaya Nandakumaran	X	X	X	X	X	X	X	X	X	X
57	Commerce Regular	Meghana Rajesh	X	X	X	X	X	X	X	X	X	X
58	Commerce Regular	Fahamidha Jabeen V T	X	X	X	X	X	X	X	X	X	X
59	Commerce Regular	Simi Paul(Sports)	X	X	X	X	X	X	X	X	X	X
60	Commerce Regular	Bhavana (Sports)	X	X	X	X	X	X	X	X	X	X
61	Commerce Regular	Rinjitha (Sports)	X	X	X	X	X	X	X	X	X	X
62	Computer Science	Aiswaryasreenivas P	X	X	X	X	X	X	X	X	X	X
63	Computer Science	Ashithashaji	X	X	X	X	X	X	X	X	X	X
64	Economics	Aleena	X	X	X	X	X	X	X	X	X	X
65	Economics	Aman Jifroom	X	X	X	X	X	X	X	X	X	X
66	Economics	Aparna Wilson	X	X	X	X	X	X	X	X	X	X
67	Economics	Ayana T.S	X	X	X	X	X	X	X	X	X	X
68	Economics	Adithya E.P	X	X	X	X	X	X	X	X	X	X
69	Economics	Ashara K.P	X	X	X	X	X	X	X	X	X	X



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

70	Economics	Anooja M	X	X	X	X	X	X	X	X	X	X
71	Economics	Aleena K.K	X	X	X	X	X	X	X	X	X	X
72	Economics	Anjana P.R	X	X	X	X	X	X	X	X	X	X
73	Economics	Aaranya	X	X	X	X	X	X	X	X	X	X
74	Economics	Adithi Krishna	X	X	X	X	X	X	X	X	X	X
75	Economics	Angelin Joshy	X	X	X	X	X	X	X	X	X	X
76	Economics	Ann Martin	X	X	X	X	X	X	X	X	X	X
77	Economics	Ancy Antony	X	X	X	X	X	X	X	X	X	X
78	Economics	Anjali	X	X	X	X	X	X	X	X	X	X
79	Economics	Bibina Rose	X	X	X	X	X	X	X	X	X	X
80	Economics	Deepthi K.J	X	X	X	X	X	X	X	X	X	X
81	Economics	Devika Sreedevi T	X	X	X	X	X	X	X	X	X	X
82	Economics	Gladis	X	X	X	X	X	X	X	X	X	X
83	Economics	Greeshma K.J	X	X	X	X	X	X	X	X	X	X
84	Economics	Judith Jimmy	X	X	X	X	X	X	X	X	X	X
85	Economics	Jisma V.G	X	X	X	X	X	X	X	X	X	X
86	Economics	Kavya V	X	X	X	X	X	X	X	X	X	X
87	Economics	Kavya .V	X	X	X	X	X	X	X	X	X	X
88	Economics	Linta Shoby	X	X	X	X	X	X	X	X	X	X
89	Economics	Lilly K.B	X	X	X	X	X	X	X	X	X	X
90	Economics	Lakshmi K.M	X	X	X	X	X	X	X	X	X	X
91	Economics	Meenakshy K.S	X	X	X	X	X	X	X	X	X	X
92	Economics	Marymolvarghes	X	X	X	X	X	X	X	X	X	X
93	Economics	Mariya K.J	X	X	X	X	X	X	X	X	X	X
94	Economics	Nandini Prasad	X	X	X	X	X	X	X	X	X	X
95	Economics	Nandana T.S	X	X	X	X	X	X	X	X	X	X
96	Economics	Neethu K.S	X	X	X	X	X	X	X	X	X	X
97	Economics	Nisha M	X	X	X	X	X	X	X	X	X	X
98	Economics	Sona P Shaju	X	X	X	X	X	X	X	X	X	X
99	Economics	Snikha M.R	X	X	X	X	X	X	X	X	X	X
100	Economics	Shamna P.I	X	X	X	X	X	X	X	X	X	X
101	Economics	Sarika U	X	X	X	X	X	X	X	X	X	X
102	Economics	Sanika A.S	X	X	X	X	X	X	X	X	X	X
103	Economics	Siviya A.J	X	X	X	X	X	X	X	X	X	X
104	Economics	Shifna P.H	X	X	X	X	X	X	X	X	X	X
105	Economics	Sneeha M S	X	X	X	X	X	X	X	X	X	X
106	Economics	Vridha R	X	X	X	X	X	X	X	X	X	X
107	Economics	Aleena Devasia	X	X	X	X	X	X	X	X	X	X
108	Economics	Aneesha Joseph	X	X	X	X	X	X	X	X	X	X
109	Economics	Dona Maria Tom	X	X	X	X	X	X	X	X	X	X
110	Economics	Sinu Siddique	X	X	X	X	X	X	X	X	X	X
111	Economics	Ramya Av	X	X	X	X	X	X	X	X	X	X
112	English	Janise Maria Sajan	X	X	X	X	X	X	X	X	X	X
113	English	Sneha T Baby	X	X	X	X	X	X	X	X	X	X
114	English	Amitha Baby	X	X	X	X	X	X	X	X	X	X
115	English	Aiswaryasreenivas	X	X	X	X	X	X	X	X	X	X



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

116	Home Science	Anu Mariya T Paulson	X	X	X	X	X	X	X	X	X	X
117	Home Science	Arathi Lakshmi.A.	X	X	X	X	X	X	X	X	X	X
118	Home Science	Neha Vijayagopal	X	X	X	X	X	X	X	X	X	X
119	Home Science	Niya Joy	X	X	X	X	X	X	X	X	X	X
120	Home Science	Sneha Gopinath	X	X	X	X	X	X	X	X	X	X
121	Home Science	Sreya K P	X	X	X	X	X	X	X	X	X	X
122	Home Science	Vismaya Vinod .K.P.	X	X	X	X	X	X	X	X	X	X
123	Malayalam	Vishnupriya K J	X	X	X	X	X	X	X	X	X	X
124	Malayalam	Benita Benny	X	X	X	X	X	X	X	X	X	X
125	Malayalam	Mariya C J	X	X	X	X	X	X	X	X	X	X
126	Malayalam	Abhirami V M	X	X	X	X	X	X	X	X	X	X
127	Malayalam	Anagha P K	X	X	X	X	X	X	X	X	X	X
128	Malayalam	Lakshmi A S	X	X	X	X	X	X	X	X	X	X
129	Malayalam	Krishnapriya C V	X	X	X	X	X	X	X	X	X	X
130	Malayalam	Ajisha P A	X	X	X	X	X	X	X	X	X	X
131	Malayalam	Disa P K	X	X	X	X	X	X	X	X	X	X
132	Malayalam	Aswathy K S	X	X	X	X	X	X	X	X	X	X
133	Malayalam	Vismaya K V	X	X	X	X	X	X	X	X	X	X
134	Malayalam	Mariya Jacob	X	X	X	X	X	X	X	X	X	X
135	Malayalam	Reshma P P	X	X	X	X	X	X	X	X	X	X
136	Malayalam	Aleena K R	X	X	X	X	X	X	X	X	X	X
137	Malayalam	Divya Das M K	X	X	X	X	X	X	X	X	X	X
138	Malayalam	Anila Alias	X	X	X	X	X	X	X	X	X	X
139	Malayalam	Kavya T S	X	X	X	X	X	X	X	X	X	X
140	Malayalam	Neelima P H	X	X	X	X	X	X	X	X	X	X
141	Malayalam	Jisny C J	X	X	X	X	X	X	X	X	X	X
142	Malayalam	Anu R	X	X	X	X	X	X	X	X	X	X
143	Malayalam	Geetha M	X	X	X	X	X	X	X	X	X	X
144	Malayalam	Therasia Joseph	X	X	X	X	X	X	X	X	X	X
145	Malayalam	Sabithamol	X	X	X	X	X	X	X	X	X	X
146	Mathematics	Vaishnavi E.R.	X	X	X	X	X	X	X	X	X	X
147	Mathematics	Aimy Rose Joy	X	X	X	X	X	X	X	X	X	X
148	Mathematics	Aparna A.	X	X	X	X	X	X	X	X	X	X
149	Mathematics	Daniya Davis	X	X	X	X	X	X	X	X	X	X
150	Mathematics	Feji P.J.	X	X	X	X	X	X	X	X	X	X
151	Mathematics	Aleena Paul P.	X	X	X	X	X	X	X	X	X	X
152	Mathematics	Mariya Jose	X	X	X	X	X	X	X	X	X	X
153	Mathematics	Anupama P.	X	X	X	X	X	X	X	X	X	X
154	Mathematics	Archana V.	X	X	X	X	X	X	X	X	X	X
155	Mathematics	Sneha Sreenivas	X	X	X	X	X	X	X	X	X	X
156	Mathematics	Archana K.N.	X	X	X	X	X	X	X	X	X	X
157	Mathematics	Indhu E.S.	X	X	X	X	X	X	X	X	X	X
158	Zoology	Mariya Mathew	X	X	X	X	X	X	X	X	X	X
159	Zoology	Emerin Denny	X	X	X	X	X	X	X	X	X	X
160	Zoology	Sandra Susan Aby	X	X	X	X	X	X	X	X	X	X
161	Zoology	Sivaranjini M N	X	X	X	X	X	X	X	X	X	X



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

162	Zoology	Femy Jossy	X	X	X	X	X	X	X	X	X	X
163	Zoology	Gayathri P	X	X	X	X	X	X	X	X	X	X
164	Zoology	Anjana N U	X	X	X	X	X	X	X	X	X	X
165	Zoology	Merlin K Regy	X	X	X	X	X	X	X	X	X	X
166	Zoology	Gayathri Menon	X	X	X	X	X	X	X	X	X	X
167	Zoology	Athulya P Prakasan9656582627	X	X	X	X	X	X	X	X	X	X
168	Sociology	Anupama CM	X	X	X	X	X	X	X	X	X	X
169	Sociology	Athira KR	X	X	X	X	X	X	X	X	X	X
170	Sociology	Christeena TM	X	X	X	X	X	X	X	X	X	X
171	Sociology	Delna Davis	X	X	X	X	X	X	X	X	X	X
172	Sociology	Dhanyamolkk	X	X	X	X	X	X	X	X	X	X
173	Sociology	Grace Mary Sajan	X	X	X	X	X	X	X	X	X	X
174	Sociology	Hanna Yesudas	X	X	X	X	X	X	X	X	X	X
175	Sociology	Jessijajenonerinjery	X	X	X	X	X	X	X	X	X	X
176	Sociology	Maya Jose	X	X	X	X	X	X	X	X	X	X
177	Sociology	Rajana TR	X	X	X	X	X	X	X	X	X	X
178	Sociology	Reshma PB	X	X	X	X	X	X	X	X	X	X
179	Sociology	Roshna P Mohan	X	X	X	X	X	X	X	X	X	X
180	Sociology	Sandhya	X	X	X	X	X	X	X	X	X	X
181	Sociology	Sanila PC	X	X	X	X	X	X	X	X	X	X
182	Sociology	Sandra Biju	X	X	X	X	X	X	X	X	X	X
183	Sociology	Sameera KJ	X	X	X	X	X	X	X	X	X	X
184	Sociology	Shabnachandran	X	X	X	X	X	X	X	X	X	X
185	Sociology	Sivaniroshan	X	X	X	X	X	X	X	X	X	X
186	Sociology	Steffy MS	X	X	X	X	X	X	X	X	X	X
187	Sociology	Sneha TB	X	X	X	X	X	X	X	X	X	X
188	Sociology	Sneha Jayaprakash	X	X	X	X	X	X	X	X	X	X
189	Sociology	Sneha CS	X	X	X	X	X	X	X	X	X	X
190	Sociology	Sonu Varghese	X	X	X	X	X	X	X	X	X	X
191	Sociology	Sreeshma AV	X	X	X	X	X	X	X	X	X	X
192	Sociology	Sreedevi PV	X	X	X	X	X	X	X	X	X	X
193	Sociology	Sruthy VK	X	X	X	X	X	X	X	X	X	X
194	Sociology	Surya PR	X	X	X	X	X	X	X	X	X	X
195	Sociology	Vrinda T	X	X	X	X	X	X	X	X	X	X
196	Sociology	Jeena S	X	X	X	X	X	X	X	X	X	X
197	Sociology	Arunima Sunil R S	X	X	X	X	X	X	X	X	X	X
198	Sociology	Prajila M	X	X	X	X	X	X	X	X	X	X
199	Sociology	Sharanya M S	X	X	X	X	X	X	X	X	X	X
200	Sociology	Stella Mary	X	X	X	X	X	X	X	X	X	X
201	Sociology	Prathibha Kumari M P9496539973	X	X	X	X	X	X	X	X	X	X
202	Sociology	Harsha Venu	X	X	X	X	X	X	X	X	X	X
203	Sociology	Anagha Shanmughan8086637674	X	X	X	X	X	X	X	X	X	X
204	Sociology	Sruthy K	X	X	X	X	X	X	X	X	X	X
205	Sociology	Gopika Vs	X	X	X	X	X	X	X	X	X	X
206	Sociology	Renjini R S	X	X	X	X	X	X	X	X	X	X
207	Physics	Dona Poullose	X	X	X	X	X	X	X	X	X	X



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

208	Physics	Krishna Nataraj V V	X	X	X	X	X	X	X	X	X	X	X
209	Physics	E A Athira	X	X	X	X	X	X	X	X	X	X	X
210	Physics	Anugraha K	X	X	X	X	X	X	X	X	X	X	X
211	Physics	Najeena K S	X	X	X	X	X	X	X	X	X	X	X
212	Physics	Sneha H Nair	X	X	X	X	X	X	X	X	X	X	X
213	Physics	Vyshnavi S Menon	X	X	X	X	X	X	X	X	X	X	X
214	Physics	Geethanjali J C	X	X	X	X	X	X	X	X	X	X	X
215	Physics	Atly P Jomon	X	X	X	X	X	X	X	X	X	X	X
216	Physics	Amrutha A M	X	X	X	X	X	X	X	X	X	X	X



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009