



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

S288

Report

Academic year 2020-2021

Name of event: Webinar on 'Mantras to Wellness'

Date: 25 September 2021

Organized by: Department of Home Science

Collaboration :Women Development Cell

Number of Participants: 100

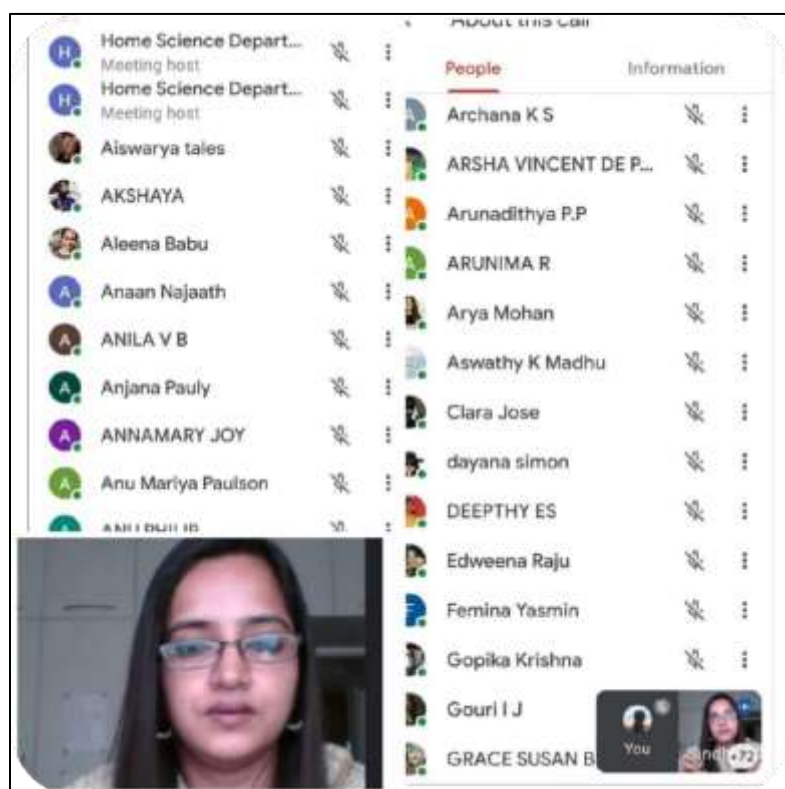
Online Webinar on topic 'Mantras to Wellness' was conducted by Department of Home Science in collaboration with Women Development Cell as part of Umang 2021. The webinar was presented by Ms. Sindhu S registered dietician and founder secretary of AEDAN. The session was held on google meet at 4.30 pm on September 25th 2021. The programme was to raise awareness about various aspects of health and wellness in terms of physical, mental, spiritual, emotional, and by environmental means. After the session, participants raise some doubts and were cleared by the resource person. It was good opportunity for the participants to explain and explore these concepts in a better way. This interactive session ended at 5.40 pm.

Brochure





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List of Participants

1	Nayana Thomas
2	Anu Philip
3	Aneesa A.A
4	Aleena Babu
5	Aparna George
6	Pallavi Peethambaran
7	Angel Jaison
8	Seethal ES
9	Sahala Basheer
10	Seethal TT
11	Ayana K
12	Merin James
13	Ajila Antony
14	Eyeleen Anna Geo
15	Taniya Ann Varghese
16	Mariya Lazar
17	Afna Jaleel
18	Deepthy ES
19	Helna Joby
20	Quliyet Jack H A
21	Neethu Jose
22	Vismaya Vinod KP
23	Kavitha CJ
24	Arathi Lakshmi A
25	Anjana Pauly

Assessment Period (2016 - 2021)



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26	Karthika K B
27	Archana K S
28	Grace Susan Binoy
29	Sona Porinchu
30	Sona P Sabaridas
31	Tina Robin
32	Abhirami Babu
33	Salitha MB
34	Kavya N.M
35	Sruthy K S
36	Krishnaja C J
37	Angeliena K George
38	Athulya Pius
39	Ashwin George
40	Sneha Joju
41	Nintu NJ
42	Jenitta C V
43	Arun.VF
44	Devika Rajesh Menon
45	Muhsina Jafar
46	Suryagayathri P S
47	Vidhya C Wilson
48	Anna mary joy
49	Neha Vijayagopal O R
50	Niya Joy
51	Lavanya P B
52	Joshiya P J
53	Lakshmi Priya
54	Akshaya Nair
55	Dhrisya A Sunil

56	Shahana. P
57	J Anuja
58	Arya Vijayan
59	Rinu E R
60	Anjana.A.M
61	Navya.V
62	Sneha Gopinath
63	Aleena Raju
64	Neethu Krishna .E
65	Alina Ann Vijay
66	Jeena S
67	Adithyadas PH
68	Jesni Mariya John
69	Krishnapriya
70	Akshay PD
71	Hiba TS

Assessment Period (2016 - 2021)



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72	Saniya Sinto
73	Anu Ann Antony
74	Jitha Joy
75	Neha M K
76	Nandhana Radhakrishnan
77	Samyoojya Suresh
78	Arshidha E.M
79	Anaan Najaath V K
80	Aswathy K Madhu
81	Edweena Raju
82	Adhallya K Jerry Joy
83	Arunima R
84	Tasha Maria Sebastian
85	Jwala Jose
86	Haridev MS
87	Nandhana K R
88	Anu Mariya T Paulson
89	Arya V M
90	Noureen P S
91	Malavika T S
92	Anjali Krishna P S
93	Angel Maria TJ
94	Ansila Fihaz
95	Neeraja C R
96	Swathi Rajagopal
97	Serin Jaison
98	Megha P
99	Sreya K.P
100	Niya Saji

Head, Department of Home Science



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Assessment Period (2016 - 2021)