

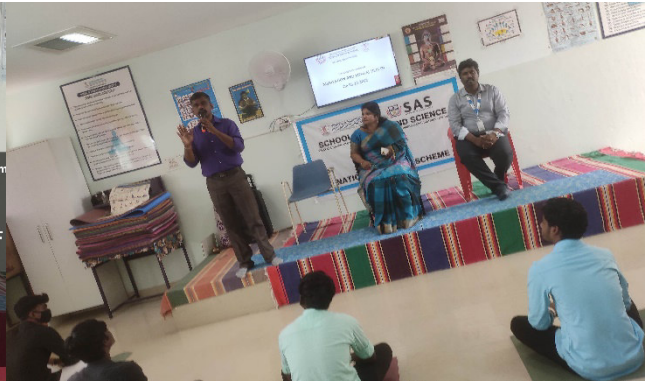
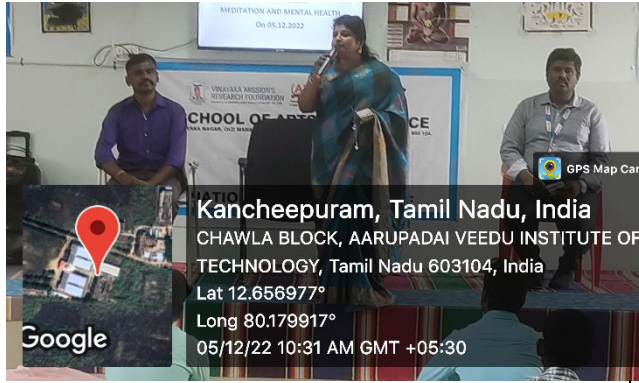
## **SCHOOL OF ARTS AND SCIENCE**

AV Campus, Paiyanoor – 603 104

### **NSS REPORT**

**Title of the Event** : **Meditation and Mental Health**  
**Date** : **05.12.2022**  
**Venue** : **Yoga Hall (SAS)**  
**No. of Participants** : **60**

As per the instruction from \*Regional Director, NSS Cell, Chennai \* Our NSS unit of School of Arts and Science, Paiyanoor (A Constituent College of Vinayaka Missions Research Foundation - Deemed to be University ) \* On the occasion of AZADI KA AMRIT MAHOTSAV with collaborated with Har Ghar Dhyam. An awareness program on Meditation and Mental Health was conducted on 05.12.22 at 11.00a.m. in Yoga Hall. The program was led by Dr. Nazeema TH, Director /SAS. Special address on meditation and mental health was given by Sri Yogi. Mr. K. Durai Pandi, Yoga Instructor, AV coordinated the event, along with Dr. Allen Moses SE, NSS Coordinator. 60 NSS Volunteers were activity participated in this event.



### List of Participated Students

<b>S. No.</b>	<b>Name of The Volunteer</b>	<b>Year</b>	<b>Department</b>
1	Chandru M	I Year	B.A Tamil
2	Akash S	I Year	B.A Tamil
3	Rahul Sanjay S	I Year	B.A Tamil
4	Barath B	I Year	B.A Tamil
5	Pavithra S	I Year	B.A Tamil
6	Bhuvaneshwari R	I Year	B.A Tamil
7	Preethi.B	I Year	BA. English
8	Megapriya S	I Year	BA. English
9	Shalini S	I Year	BA. English
10	Kaviya K	I Year	B.Sc Physics
11	Sangeetha. D	I Year	B.Sc Physics
12	Hemanathan	I Year	B.Sc Physics
13	Kumaravel B	I Year	B.Sc Physics
14	Dhanusuya G	I Year	B.Sc Physics
15	Guna J	I Year	B.Sc Chemistry
16	Valli. C	I Year	B.Sc Chemistry
17	Aswinkumar R	I Year	B.Sc Chemistry
18	Kaviya Lakshmi	I Year	B.Sc Maths
19	Naganathan	I Year	B.Sc Maths
20	Bharanikumar Sk	I Year	B.Sc Maths
21	Anand M	I Year	B.Sc Maths
22	Keerthana. A	I Year	B.Sc (CS)
23	N.Priya	I Year	B.Sc (CS)
24	Gokul Kumar	I Year	B.Sc (CS)
25	M.Jayasree	I Year	B.Sc (CS)
26	Ajith K	I Year	B.Sc (CS)
27	Kaviya T	I Year	B.Sc (CS)
28	Raghu K	I Year	B.Sc (CS)
29	Sanjay B	I Year	B.Sc (CS)
30	Pushparaj C	I Year	B.Sc (CS)
31	Vishvapriya V	I Year	B.Sc (CS)
32	Rajalakshmi P	I Year	B.Sc (CS)
33	Abinaya S	I Year	B.Sc (CS)

34	Abinaya S	I Year	B.Sc (CS)
35	Mohammad Irfan A	I Year	BCA
36	Raja C	I Year	BCA
37	Leela D	I Year	BCA
38	Mano	I Year	BCA
39	Saran P	I Year	BCA
40	Farhana Begam	I Year	BCA
41	Lavanya N	I Year	BCA
42	Vikash C	I Year	BCA
43	Sankay Kumar T	I Year	BCA
44	Tharun R	I Year	BCA
45	Prasanna	I Year	BCA
46	Siva Balan S	I Year	BCA
47	Veerapathiran.D	I Year	BCA
48	Simbu M	I Year	BCA
49	Vinothini.G	I Year	BCA
50	Divya	I Year	BCA
51	Dhanush Kumar V	I Year	BCA
52	Kathirolu N	I Year	BCA
53	Prabu M	I Year	BCA
54	Divya J	I Year	BCA
55	Jenifer P	I Year	BCA
56	Lokesh G	I Year	BBA
57	Sanjay A	I Year	BBA
58	Ali Ansari	I Year	BBA
59	Ishu Yadav	I Year	BBA
60	Jagadesh K	I Year	BBA