



WMO ARTS & SCIENCE COLLEGE
“education and some more”
Affiliated to University of Calicut
(Aided by Govt. of Kerala)
P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone :04936-203382 (Office)
04936-207532 (Principal)
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Supporting documents for Life Skill Enhancement programs

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Muttill P.O., Wayanad

I. SELF-DEFENCE AWARENESS PROGRAM


Women Cell, and Kerala State Women's Development Corporation (KSWDC) joined hands to conduct a self-defence awareness program. The primary objective of the event was to equip participants with essential self-defence skills and knowledge to enhance their personal safety and confidence. The program was conducted in collaboration with the Police Women Cell, ensuring that the training was delivered by experienced professionals in the field of self-defence.

A total of 48 students actively participated in the program, eager to learn and empower themselves with self-defence techniques. Through practical demonstrations and hands-on training, the participants were taught how to respond to potential threats and protect themselves in challenging situations. The self-defence awareness program proved to be a highly valuable and empowering experience for the students, providing them with the necessary tools and confidence to navigate their lives with greater security and self-assurance. The joint efforts of the Women Cell, KSWDC, and the police women cell ensured the success of the event, leaving a positive impact on the participants and inspiring them to prioritize their safety and well-being in all aspects of life.




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2. SEMINAR ON TIME AND STRESS MANAGEMENT

The Women Cell and Kerala State Women's Development Corporation (KSWDC) jointly organized a seminar on "Time and Stress Management." The objective of the seminar was to equip participants with valuable tools and techniques to effectively manage their time and handle stress in their personal and academic lives. The event saw the enthusiastic participation of 83 students, eager to learn and enhance their skills.

The seminar featured Mr. Albin John, a senior faculty member from RESET (Research, Education, Skill Enhancement Training), as the esteemed resource person. Mr. John's expertise in the field of time and stress management brought valuable insights into the event. Through his engaging presentations and interactive sessions, he shared practical strategies to prioritize tasks, manage time efficiently, and cope with stress effectively. The seminar proved to be highly beneficial for the students, empowering them with the necessary knowledge and tools to maintain a healthy work-life balance and excel in their academic pursuits. The collaboration between the Women Cell and KSWDC ensured a successful event that left a positive impact on the participants, inspiring them to adopt better time management practices and handle stress with confidence and resilience.

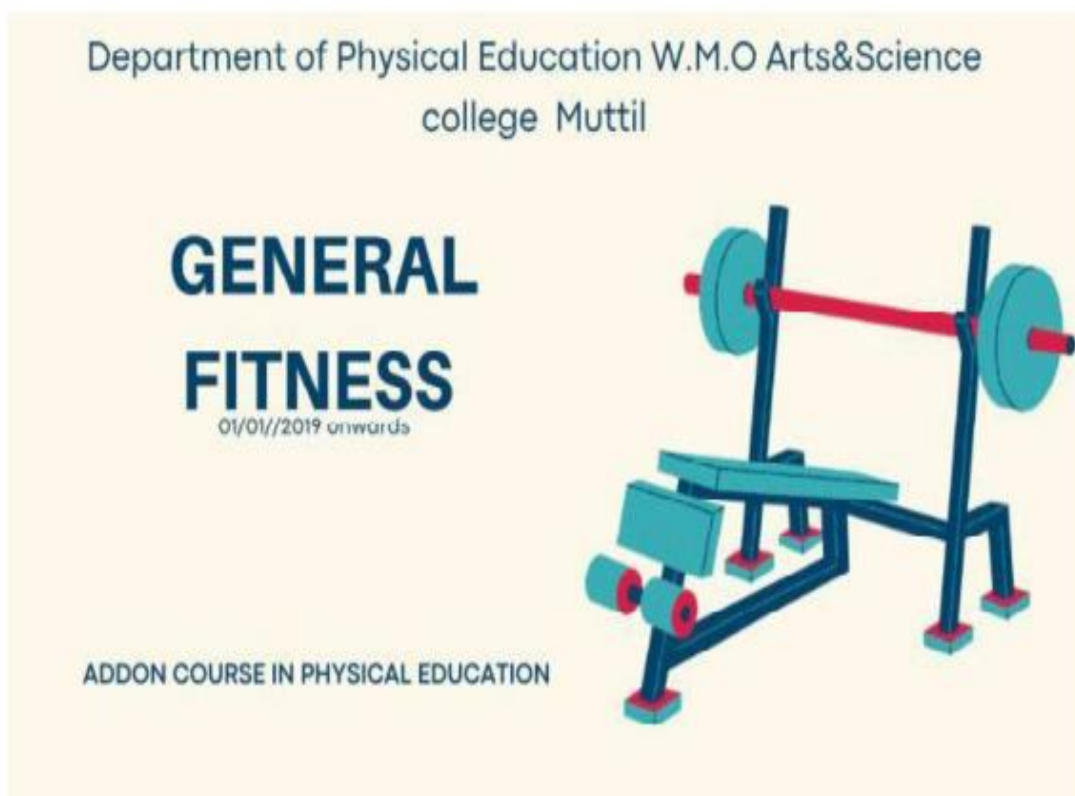



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3. General Fitness

The Department of Physical Education at WMO Arts and Science College, Muttil, has been consistently organizing a General Fitness Programme since 2018, and it is continued. This initiative plays a pivotal role in educating students about their physical well-being, health, and overall fitness. By imparting essential knowledge about their bodies and fostering a culture of wellness, the program contributes significantly to the holistic development of students.

Sl. No.	Academic Year	Date of Commencement of the Programme	No. of Participants
1	2018-19	01-01-2019	15
2	2019-20	20-09-2019	15
3	2020-21	04-01-2021	30
4	2021-22	05-01-2022	15
		Total	75




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WMO ARTS AND SCIENCE COLLEGE				
DEPARTMENT OF PHYSICAL EDUCATION				
WASC/GF/18-19-GENERAL FITNESS				
STUDENTS ENROLLED LIST				
SL.NO	NAME	ADMISSION NO	DEPARTMENT	SIGNATURE
1	AFSILA K	3735	BSC. PHYSICS	<i>[Signature]</i>
2	AKARSH C M	3891	BSC. PHYSICS	<i>[Signature]</i>
3	SARANSH M J	3640	BSC. MATHEMATICS	<i>[Signature]</i>
4	AFFEEFA C	3900	BSC. MATHEMATICS	<i>[Signature]</i>
5	AISWARYA P	3783	BSC. MATHEMATICS	<i>[Signature]</i>
6	VYSAKH VINOD	3742	BSC. ELECTRONICS	<i>[Signature]</i>
7	VISHNU NV	3852	BSC. ELECTRONICS	<i>[Signature]</i>
8	AJINASA	3760	BCA	<i>[Signature]</i>
9	AMALITHA.P	3658	BCA	<i>[Signature]</i>
10	SHAMSUDHEEN MK	3852	BA ARABIC	<i>[Signature]</i>
11	FATHIMATHU SUHARA	1082	BA ECONOMICS	<i>[Signature]</i>
12	HASBIYA V A	1174	BA ECONOMICS	<i>[Signature]</i>
13	JASEELA BANU M	1015	BA ECONOMICS	<i>[Signature]</i>
14	LULU JASMIN N	1113	BA ECONOMICS	<i>[Signature]</i>
15	FITHA FATHIMA	1016	BA ENGLISH	<i>[Signature]</i>

[Signature]
ABHIN KUMAR. K.R.
 Associate Professor
 Dept. of Physical Education
 W.M.O. Arts & Science College
 Muttill P.O., Wayanad-673 122



WMO ARTS & SCIENCE COLLEGE MUTTIL										
DEPARTMENT OF PHYSICAL EDUCATION										
WMOASC/GF/18 -19 GENERAL FITNESS										
ATTENDANCE SHEET From 01/01/2019 to 30/01/2019										
SL.NO	ADMISSION NO	NAME	1	2	3	4	5	6	7	8
1	3715	AFSILA K	X	X	X	X	X	X	X	X
2	3891	AKARSH C M	X	X	X	X	X	X	X	X
3	3640	SARANSH M J	X	X	X	X	X	X	X	X
4	3900	AFFEEFA C	X	X	X	X	X	X	X	X
5	3783	AISWARYA P	X	X	X	X	X	X	X	X
6	3742	VYSAKH VINOD	X	X	X	X	X	X	X	X
7	3852	VISHNU NV	X	X	X	X	X	X	X	X
8	3760	AJINASA	X	X	X	X	X	X	X	X
9	3658	AMALITHA.P	X	X	X	X	X	X	X	X
10	3852	SHAMSUDHEEN MK	X	X	X	X	X	X	X	X
11	1082	FATHIMATHU SUHARA	X	X	X	X	X	X	X	X
12	1174	HASBIYA V A	X	X	X	X	X	X	X	X
13	1015	JASEELA BANU M	X	X	X	X	X	X	X	X
14	1113	LULU JASMIN N	X	X	X	X	X	X	X	X
15	1016	FITHA FATHIMA	X	X	X	X	X	X	X	X

[Signature]
ABHIN KUMAR. K.R.
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[Signature]
Principal
 W.M.O. Arts & Science College
 Muttill P.O., Wayanad


GENERAL FITNESS

Sl.No.	Name	Attendance Percentage	Remarks
1	AFSILA K	90	COMPLETED
2	AKARSH C M	95	COMPLETED
3	SARANGH M J	90	COMPLETED
4	AFEefa C	95	COMPLETED
5	AISWARYA P	95	COMPLETED
6	VYSAKH VINOD	95	COMPLETED
7	VISHNU NV	95	COMPLETED
8	AJNAS.A	100	COMPLETED
9	AMALJITH.A.P	100	COMPLETED
10	SHAMSUDHEEN MK	95	COMPLETED
11	FATHIMATHU SUHARA	95	COMPLETED
12	HASBIYA V A	95	COMPLETED
13	JASEELA BANU M	95	COMPLETED
14	LULU JASMIN N	100	COMPLETED
15	FITHA FATHIMA	95	COMPLETED

Course Coordinator

Head of the Department


ABHIN KUMAR. K.R.
Associate Professor
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W.M.O ARTS & SCIENCE
COLLEGE MUTTIL

DEPARTMENT OF PHYSICAL EDUCATION

Be Active

**GENERAL
FITNESS**

Starts on 20-09-2019

ADDON COURSE



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WMO ARTS AND SCIENCE COLLEGE				
DEPARTMENT OF PHYSICAL EDUCATION				
WASC/GF/19-GENERAL FITNESS				
STUDENTS ENROLLED LIST				
SL.NO	NAME	ADMISSION NO	DEPARTMENT	SIGNATURE
1	FATHIMATHUL ASLAMIYA	2012	BA Economics	
2	FEMINA K	1723	BA Economics	
3	INDIYA JAGANN K P	2003	BA Economics	
4	HAFIS MUHAMMED R C	1716	BA Mass Communication and Journalism	
5	HISHAM MUHAMMED	1979	MA, English	
6	IFSAL NISAR P T	2020	BA Economics	
7	JASEELA PM	1802	BA Economics	
8	JUL MUSTHAQ	2015	BA Mass Communication and Journalism	
9	M A ADNAN	1827	BA English	
10	MANSOOR ALI	1913	B.Com Computer Application	
11	MANU CHANDRAN R	1708	BA Mass Communication and Journalism	
12	MEERU GEORGE	1947	NDW	
13	MUHAMMAD AESHAD	1781	BA Mass Communication and Journalism	
14	MUHAMMAD IRFAN K M	2022	BA Economics	
15	MUHAMMAD JAMSHEER	2039	BA Mass Communication and Journalism	

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DEPARTMENT OF PHYSICAL EDUCATION																												
WMOASC/GF/19 - GENERAL FITNESS																												
ATTENDANCE SHEET from 20/09/2019 to 25/10/2019																												
SL.NO	ADMISSION NO	NAME	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	2012	FATHIMATHUL ASLAMIYA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	1723	FEMINA K	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	2003	INDIYA JAGANN K P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	1716	HAFIS MUHAMMED R C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	1979	HISHAM MUHAMMED	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	2020	IFSAL NISAR P T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	1802	JASEELA PM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	2015	JUL MUSTHAQ	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	1827	M A ADNAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	1913	MANSOOR ALI	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	1708	MANU CHANDRAN R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	1947	MEERU GEORGE	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	1781	MUHAMMAD AESHAD	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	2022	MUHAMMAD IRFAN K M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15	2039	MUHAMMAD JAMSHEER	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

ABHIN KUMAR, K.R.
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Principal
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 Muttill P.O., Wayanad


GENERAL FITNESS

Sl.No.	Name	Attendance Percentage	Remarks
1	FATHIMATHUL ASLAMIYA	95	COMPLETED
2	FEMINA K	100	COMPLETED
3	FINSIYA JASMINE K P	95	COMPLETED
4	HAFIS MUHAMMED R C	100	COMPLETED
5	HISHAM MUHAMMED	95	COMPLETED
6	IFSAL NISAR P T	100	COMPLETED
7	JASEELA PM	100	COMPLETED
8	JIJIL MUSTHAQ	100	COMPLETED
9	M A ADNAN	100	COMPLETED
10	MANSOOR ALI	95	COMPLETED
11	MANU CHANDRAN R	100	COMPLETED
12	MEENU GEORGE	100	COMPLETED
13	MUHAMMAD ARSHAD	100	COMPLETED
14	MUHAMMAD IRFAN K M	100	COMPLETED
15	MUHAMMAD JAMSHEER	100	COMPLETED

Course Coordinator

Head of the Department


ABHIN KUMAR. K.R.
Associate Professor
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W.M.O ARTS&SCIENCE COLLEGE MUTTIL
DEPARTMENT OF PHYSICAL EDUCATION

ADDON COURSE

**GENERAL
FITNESS**



JOIN NOW

**SHAPE YOUR
BODY**



04/01/2021 onwards

📍 Department of Physical Educaion


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W.M.O ARTS & SCIENCE COLLEGE MUTTIL
DEPARTMENT OF PHYSICAL EDUCATION
WASC/GF/21 - GENERAL FITNESS

ATTENDANCE SHEET From 04/01/2021 to 26/01/2021

SL.NO	ADMISSION NO	NAME	A	S	E	T	U	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
1	1545	AJAY S KUMAR	X	X	X	X	X	X	-	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	02586	SATNAS	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	2612	SOONAJ	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	03129	VAISHNAV	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	2539	APEES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	2540	ABHINASH	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	3112	MUHAMMED NIHAL	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	5992	ARJUN KRISHNA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	2538	NITHIN N G	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	2536	ANAND N B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	2680	ISHAN FARIS K	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	2530	AJNAS ALI T A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	4790	SHADIL C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	4591	ANOOOP KRISHNA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15	5984	MUHAMMED ANSHIF	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16	2376	FAYIS R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17	03318	RINSHAD K	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18	03177	MUHAMMED SHALBIN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19	03121	MUHAMMED FAZAL	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20	3110	SYED ABOO SUFYAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21	3308	REMEES SHEKEER	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
22	03295	MUHAMMED ISMAVIL	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
23	03105	AMAL ZAMAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
24	03076	NITHYA KR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
25	3202	NAIYA FATHIMA OK	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
26	02581	NAIYA FATHIMA P.K	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
27	5299	SHILPA K S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
28	02545	THEERTHA THOMAS	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
29	5756	ANJALA THEESIN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
30	5811	RISHVANA JASMIN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Associate Professor
Dept. of Physical Education
W.M.O. Arts & Science College
Muttill P.O., Wayanad-673122

Warming down exercises for 15 minutes

ATTENDANCE SHEET

W.M.O ARTS AND SCIENCE COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION
WASC/GF/21-GENERAL FITNESS

STUDENTS ENROLLED LIST

SL.NO	NAME	ADMISSION NO	DEPARTMENT	SIGNATURE
1	AJAY S KUMAR	2535	B COM C A	
2	SATNAS	02586	B COM C A	
3	SOONAJ	2612	B COM C A	
4	VAISHNAV	03129	B COM C A	
5	APEES	2539	B A ECONOMICS	
6	ABHINASH	2540	B A ECONOMICS	
7	MUHAMMED NIHAL	3112	B A ENGLISH	
8	ARJUN KRISHNA	5992	B S COM MATHEMATICS	
9	NITHIN N G	2538	MASS COMMUNICATION	
10	ANAND N B	2536	MASS COMMUNICATION	
11	ISHAN FARIS K	2680	MASS COMMUNICATION	
12	AJNAS ALI T A	2530	B A ENGLISH	
13	SHADIL C	4790	B S C PHYSICS	
14	ANOOOP KRISHNA	4591	B S C PHYSICS	
15	MUHAMMED ANSHIF	5984	B A ARABIC	
16	FAYIS R	2376	B A ECONOMICS	
17	RINSHAD K	03318	B A ENGLISH	
18	MUHAMMED SHALBIN	03177	MASS COMMUNICATION	
19	MUHAMMED FAZAL	03121	MASS COMMUNICATION	
20	SYED ABOO SUFYAN	3110	B A ECONOMICS	
21	REMEES SHEKEER	3308	B A ECONOMICS	
22	MUHAMMED ISMAVIL	03295	B A ECONOMICS	
23	AMAL ZAMAN	03105	B COM C A	
24	NITHYA KR	03076	B COM CA	
25	NAIYA FATHIMA OK	3202	B COM CA	
26	NAIYA FATHIMA P.K	02581	B COM CA	
27	SHILPA K S	5299	B S C PHYSICS	
28	THEERTHA THOMAS	02545	B COM CA	
29	ANJALA THEESIN	5756	B COM C A	
30	RISHVANA JASMIN	5811	MSC ELECTRONICS	

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SUHAILE P.H
Assistant Professor
Dept. of Physical Education
W.M.O. Arts & Science College
Muttill P.O., Wayanad - 673122

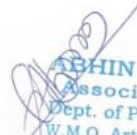
Principal
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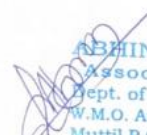
GENERAL FITNESS

Sl.No.	Name	Attendance Percentage	Remarks
1	AJAY S KUMAR	90	COMPLETED
2	SAFNAS	95	COMPLETED
3	SOORAJ	95	COMPLETED
4	VAISHNAV	95	COMPLETED
5	AFEES	90	COMPLETED
6	ABHINASH	95	COMPLETED
7	MUHAMMED NIHAL	100	COMPLETED
8	ARJUN KRISHNA	90	COMPLETED
9	NITHIN N G	85	COMPLETED
10	ANAND N B	95	COMPLETED
11	IHSAN FARIS K	100	COMPLETED
12	AJNAS ALI T A	100	COMPLETED
13	SHADIL C	100	COMPLETED
14	ANOOP KRISHNA	95	COMPLETED
15	MUHAMMED ANSHIF	90	COMPLETED
16	FAYIS R	95	COMPLETED
17	RINSHAD K	100	COMPLETED
18	MUHAMMED SHALBIN	95	COMPLETED
19	MUHAMMED FAZAL	95	COMPLETED
20	SYED ABOO SUFIYAN	95	COMPLETED
21	REMEES SHEKEER	100	COMPLETED
22	MUHAMMED ISMAYIL	95	COMPLETED
23	AMAL ZAMAN	100	COMPLETED
24	NITHYA KR	100	COMPLETED
25	NAJIYA FATHIMA OK	95	COMPLETED
26	NAJA FATHIMA P.K	100	COMPLETED
27	SHLPA K S	95	COMPLETED
28	THEERTHA THOMAS	95	COMPLETED
29	ANJALA THEHSIN	90	COMPLETED
30	RISHVANA JASMIN	90	COMPLETED

Course Coordinator

Head of the Department


ABHIN KUMAR. K.R.
 Associate Professor
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Principal
 W.M.O. Arts & Science College
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05/01/2022 ONWARDS

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ADDON COURSE
GENERAL FITNESS

W.M.O ARTS & SCIENCE COLLEGE
MUTTIL
DEPARTMENT OF PHYSICAL EDUCATION

Principal
W.M.O. Arts & Science College
Muttill P.O., Wayanad

W.M.O. ARTS & SCIENCE COLLEGE MUTTIL
DEPARTMENT OF PHYSICAL EDUCATION
WASC/GF/21 - GENERAL FITNESS
ATTENDANCE SHEET FROM 01/01/2022 TO 30/09/2022

SL.NO	ADMISSION NO	NAME	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
1	4771	ABDUL SAMAD	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
2	4804	AKSHAY M	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
3	02111	ASHILA M	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
4	5807	MUHAMMED AJINAS P	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
5	01307	AYSHA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
6	02114	SARATH R	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
7	4802	FAISAL ASIF	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
8	02147	MIDHULAI C E	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
9	4764	AJINAS P	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
10	4806	AKHIL BABU	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
11	4802	KAVYA V J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
12	02476	AFSAL	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
13	02080	FARSIANA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14	02466	JISNI M P	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15	02371	SULFATH	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

ARJUN KUMAR, K.R.
Associate Professor
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ATTENDANCE SHEET

W.M.O. ARTS AND SCIENCE COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION
WASC/GF/2021-22 GENERAL FITNESS
STUDENTS ENROLLED LIST

SLNO	NAME	ADMISSION NO	DEPARTMENT	SIGNATURE
1	ABDUL SAMAD	4771	BCA	
2	AKSHAY M	4804	BCA	
3	ASHILA M	02111	B COM COOPER APPLICATION	
4	MUHAMMED AJINAS P	5807	B COM COOPERATION	
5	AYSHA	01307	B SC CHEMISTRY	
6	SARATH R	02114	B A ECONOMICS	
7	FAISAL ASIF	4802	B SC ELECTRONICS	
8	MIDHULAI C E	02147	B A ENGLISH	
9	AJINAS P	4764	B SC MATHEMATICS	
10	AKHIL BABU	4806	B SC MATHEMATICS	
11	KAVYA V J	4802	B SC PHYSICS	
12	AFSAL	02476	B A MASS COMMUNICATION	
13	FARSIANA	02080	B A MASS COMMUNICATION	
14	JISNI M P	02466	B A MASS COMMUNICATION	
15	SULFATH	02371	B A MASS COMMUNICATION	

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Muttill P.O., Wayanad


GENERAL FITNESS

Sl.No.	Name	Attendance Percentage	Remarks
1	ABDUL SAMAD	95	COMPLETED
2	AKSHAY M	100	COMPLETED
3	ASMILA M	100	COMPLETED
4	MUHAMMED AJINAS P	95	COMPLETED
5	AYSHA	100	COMPLETED
6	SARATH R	95	COMPLETED
7	FAISAL ASIF	100	COMPLETED
8	MIDHULAJ C K	100	COMPLETED
9	AJNAS P	100	COMPLETED
10	AKHIL BABU	100	COMPLETED
11	KAVYA V J	100	COMPLETED
12	AFSAL	100	COMPLETED
13	FARSANA	100	COMPLETED
14	JISNI M P	90	COMPLETED
15	SULFATH	100	COMPLETED

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4. Yoga Training Classes

Training sessions on Yoga are conducted for students and faculty with a holistic approach to well-being, promoting physical fitness, and mental clarity. On January 1, 2019, a yoga training class was held at the conference hall of WMO Arts and Science College, Muttil, with the intention of familiarizing students with the advantages of yoga and encouraging a holistic way of living. The session attracted participation from 41 students and has been an on-going endeavour since then.

Sl. No.	Academic Year	Date of Commencement of the Programme	No. of Participants
1	2018-19	01-01-2019	41
		Total	41




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5. Detergents and Hand Sanitizer Making

The Department of Chemistry at WMO Arts and Science College, Muttill, initiated a course on 'Detergents and Hand Sanitizer Making' on December 1, 2021. This program is primarily geared towards curtailing the propagation of community diseases by equipping participants with the skills to produce effective detergents and hand sanitizers.

Sl. No.	Academic Year	Date of Commencement of the Programme	No. of Participants
1	2021-22	01-12-2021	20
		Total	20



WMO ARTS AND SCIENCE COLLEGE
DEPARTMENT OF CHEMISTRY

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HAND SANITIZER
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