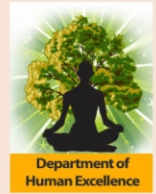




NGM College

Pollachi - 642 001

Department of Human Excellence



PERSONAL VALUES



- ▶ PHYSICAL FITNESS
- ▶ MENTAL ALERTNESS

- ▶ EMOTIONAL STABILITY
- ▶ SPIRITUAL AWAKENING

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	20HEC101	Course Title	Batch :	2020-23
Hrs/Week:	2	Human Excellence - Personal values & SKY Yoga Practice - I	Semester	I
			Credits:	1
Course Objectives:				
<ul style="list-style-type: none"> Realizing the need for achieving Human excellence, aim of life and philosophy of life. Character enhancement. Physical health, mental prosperity and nurturing life-force. 				
Course Outcomes (CO)				
K1	CO1	To remember the significance of individual's character improvement, physical health, mental prosperity and nurturing the life-force.		
K2	CO2	To understand the capabilities of elevating oneself through maintaining good physical and mental health.		
K3	CO3	Preventing and curing physical and mental problems by regular practicing of simplified physical exercise, Kayakalpa exercise and self-introspection.		
K4	CO4	Exploring the subjective and objective of the mind through Ashtanga Yoga		

Syllabus

Unit-1

Human Excellence Education - Purpose and philosophy of life - Ashtanga Yoga - Mind's subjective and objective conditions.

Unit-2

Analysis of thought - *Greatness of thought* - Practice for analysis of thought - Moralisation of desire - Causes for desire - Practice for moralisation of desire.

Unit-3

Ethical Values for life - *Fivefold Culture* - Eradication of worries - Types and effects of worries - Practice for eradication of worries.

Unit-4

Self-realization - God Realization and blossom of love - Kayakalpa exercise - Sexual drive and Spiritual development - Practice of Kayakalpa exercise.

Unit-5

Meditations I - Agna meditation - Shanthi meditation - Spinal cord clearance - Physical health development - Simplified Physical Exercises Part-I - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalapathy exercise.

Italicized texts are for self study.

Power point Presentations, Group discussions, Seminar, Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study, Video playing.
--

Books for study:

1. WCSC - Vision for wisdom (compilation). (2019). Personal values. Third Edition. Pollachi: NGM College. (English version). pp: 88.
2. WCSC - Vision for wisdom (compilation). (2019). Yogasanas. First Edition. Pollachi: NGM College. (English version). pp: 111.

Reference Books:

1. Vethathiri Maharishi (2017). Manavalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
2. WCSC - Vision for wisdom (compilation) (2016) Value education, fourth edition. Erode: Vethathiri publication (English Version). pp: 168.
3. Vethathiri Maharishi. (2013). Arularuvi part-I. 5th edition. Erode: Vethathiri publications (Tamil version). pp: 188.
4. J.T.K. Daniel Nirmal Selvamony, Value Education today, Chennai, New century Book house (P) Ltd.,
5. Vethathiri Maharishi (2017), Mind, 8th edition. Erode, Vethathiri Publications, pp: 55
6. B.S. Acharya, Pathanjali Yoga Sutra, Chennai, Narmadha publications, 2009.


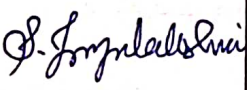


YouTube Link:

1. <https://youtu.be/iHwrW56tYH0>
2. <https://youtu.be/Kk4u3SMIHjs>

Mapping

PSO/CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	H	M	M	H	M
CO2	H	M	H	M	H
CO3	M	H	H	H	H
CO4	H	H	M	M	L

S-Strong; H-High; M-Medium; L-Low

Course Designed by	Verified by HoD	Checked by	Approved by
Name: S.Jeyalakshmi	Name: S.Jeyalakshmi	Name: Mr.K. Srinivasan (CDC)	Name: Dr.Muthukumaran (COE)
			
Signature:	Signature:	Signature:	Signature:

K. SRINIVASAN, M.C.A.,
Co-ordinator
Curriculum Development Cell (CDC)
NGM College (Autonomous)
Pollachi - 642 001.

Dr. R.MUTHUKUMARAN
Controller of Examinations
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POLLACHI - 642 001.



NGM COLLEGE
(AUTONOMOUS AND AFFILIATED TO BHARATHIAR UNIVERSITY)
Re-Accredited with 'A' Grade by NAAC
POLLACHI - 642 001.



Department of Human Excellence

NALLAMUTHU GOUNDER MAHALINGHAM COLLEGE

(Autonomous)

DEPARTMENT OF HUMAN EXCELLENCE

TIME TABLE & CLASS INCHARGE FOR ODD SEMESTER (2020-2021)

During the Odd Semester of the 2020–2021 academic year, the Department of Human Excellence offered online programs to undergraduate students amidst the COVID epidemic. The Department of Human Excellence's various faculty members led these classes, which covered subjects such as Personal Values, Professional Values, and National Values.

s.no	Faculty	First year	Second year	Third year	sign
1	S.Jeyalakshmi	B&I , Physics	IT, B.Com(B)	PA, I&B	
2	M.Kuppusamy	BCA(B), CS	BBA, B&I ,PA	CS(B), BCA(A), Maths	
3	N.Panneerselvam	CT, PA, CS(B)	B.Com(A), BCA(B)	BCA(B), IT, B.Com	
4	P.Veerasingh	E.Com, History, BPS,	BPS, Maths	B.Com(CA), Botany, Tamil	
5	S.Shanmugavadivu	B.Com(CA),Chemistry ,B.Com(B)	Finance, B.COM, English	B.Com(B), History,	
6	V.Settu	IB, Maths, English	BCA (A), Economics,E.com	Zoology, B&I, B.Com CA (A)	
7	S. Maheswari	B.Com(A),Economics Tamil,	CT, CA(A)	English, B.Com(B), Physics	
8	D.Gnanasoundary	English, Botany, B.Com (A)	B.Com.CA(B), Physics, CS	Maths, Economics, BBA	
9	P.Padma	IT, CA(A), B.Com.CA(B)	Zoology, Tamil, Chemistry	Finance, B.Com (A), CS	
10	K.Santhi	BBA, Finance, B.Com	IB, Botany, History	E.Com, CA(A) CT	
11	C.Jagatdambal	BCA(A), Zoology, Maths	B.Com.CA.(A), B.Com.CA.(shift)	BPS, Chemistry, English	

Head & Assistant Professor,
Department of Human Excellence,
Nallamuthu Gounder Mahalingam College,
Pollachi.
HOD

Dr. S. Saravana Babu
Dean (SF)
NGM College
Palghat Road, Pollachi
Tamilnadu - 642 001.
Academic Dean

Dr. R. MUTHUKUMARAN,
M.A.,M.Phil.,B.Ed.,Ph.D.,
PRINCIPAL
Principal
N.G.M. College, Pollachi - 642 001



Nallamuthu Gounder Mahalingam College

Attendance Percentage Report

20-Jul-2021 To 29-Nov-2021 | Under Graduate - SF | UBC | 2021-2022 | Computer Applications (SF) | SEM 1 | A | SHE01 - Jeyalakshmi S | 21HEC101 - HUMAN EXCELLENCE - PERSONAL VALUES & SKY YOGA PRACTICE-I

Student attendance percentage (%) (No. of period attended by the student for the month (A) / No. of period attendance taken for the month (T)).

Register No.	Student Name	Overall (57) Total working days	Sep 2021 (21)	Oct 2021 (18)	Nov 2021 (18)
		% (A/T)	% (A/T)	% (A/T)	% (A/T)
21-BC-01	ABDUL RAJAK J RAJAK	63 (5/8)	100 (1/1)	25 (1/4)	100 (3/3)
21-BC-02	ANBU RATHINAM S Rathinam s	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-03	ASHOKKUMAR M Kumar	88 (7/8)	100 (1/1)	75 (3/4)	100 (3/3)
21-BC-04	BALAJI K k	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-05	BARANITHARAN D	63 (5/8)	100 (1/1)	50 (2/4)	67 (2/3)
21-BC-06	CHANDHANABHARAT HI P P	75 (6/8)	100 (1/1)	50 (2/4)	100 (3/3)
21-BC-07	DINESH S	50 (4/8)	0 (0/1)	25 (1/4)	100 (3/3)
21-BC-08	EASWARAN T	63 (5/8)	0 (0/1)	50 (2/4)	100 (3/3)
21-BC-09	GOKUL C C	50 (4/8)	0 (0/1)	25 (1/4)	100 (3/3)
21-BC-10	GOKULAKRISHNAN V V	63 (5/8)	0 (0/1)	50 (2/4)	100 (3/3)
21-BC-11	GOKULNATH B B	88 (7/8)	100 (1/1)	75 (3/4)	100 (3/3)
21-BC-12	GOWTHAM M M	75 (6/8)	100 (1/1)	50 (2/4)	100 (3/3)
21-BC-13	GUNASEKARAN N	88 (7/8)	100 (1/1)	75 (3/4)	100 (3/3)
21-BC-14	JEBAKAR A A	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-BC-15	JEEVANANTHAM G Nanthan G	75 (6/8)	100 (1/1)	50 (2/4)	100 (3/3)
21-BC-16	JOHN SAMUEL N	38 (3/8)	0 (0/1)	25 (1/4)	67 (2/3)
21-BC-17	KANNAN N	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-BC-18	MANDRAMOORTHY S S	63 (5/8)	100 (1/1)	50 (2/4)	67 (2/3)
21-BC-19	MOHAMMED RIYAZ M M	63 (5/8)	100 (1/1)	25 (1/4)	100 (3/3)
21-BC-20	MURUGA PRAKASH M M	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-21	NARENDHIRA PRASTH K K	63 (5/8)	100 (1/1)	25 (1/4)	100 (3/3)
21-BC-22	NAVIN PRASATH. N	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-BC-23	PRANESH G G	50 (4/8)	0 (0/1)	25 (1/4)	100 (3/3)
21-BC-24	PRAVEEN RAJ S S	50 (4/8)	0 (0/1)	25 (1/4)	100 (3/3)
21-BC-25	RAJAMANICKAM P P. Rajamanickam	88 (7/8)	100 (1/1)	75 (3/4)	100 (3/3)
21-BC-26	ROHITH KUMAR J J	63 (5/8)	100 (1/1)	25 (1/4)	100 (3/3)
21-BC-27	ROSHAN ZAMEER M M	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-BC-28		75 (6/8)	0 (0/1)	75 (3/4)	100 (3/3)



Nallamuthu Gounder Mahalingam College

Attendance Percentage Report

20-Jul-2021 To 29-Nov-2021 | Under Graduate - SF | UBC | 2021-2022 | Computer Applications (SF) | SEM 1 | A | SHE01 - Jeyalakshmi S | 21HEC101 - HUMAN EXCELLENCE - PERSONAL VALUES & SKY YOGA PRACTICE-I

Register No.	Student Name	Overall (57) Total working days	Sep 2021 (21)	Oct 2021 (18)	Nov 2021 (18)
		% (A/T)	% (A/T)	% (A/T)	% (A/T)
	SANJAI PRABU G S G.S				
21-BC-29	SARAN G G	63 (5/8)	100 (1/1)	50 (2/4)	67 (2/3)
21-BC-30	SATHISHKUMAR S A S.A	38 (3/8)	100 (1/1)	0 (0/4)	67 (2/3)
21-BC-31	SIVAKUMAR K K	50 (4/8)	100 (1/1)	25 (1/4)	67 (2/3)
21-BC-32	SREE HEMANTH BABU K K	63 (5/8)	100 (1/1)	50 (2/4)	67 (2/3)
21-BC-33	SUDHARSON S S	38 (3/8)	100 (1/1)	25 (1/4)	33 (1/3)
21-BC-34	THARANISH NITHIN P Nithin	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-35	UDHAYARAJ K K	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-BC-36	VELMURUGAN N N	63 (5/8)	100 (1/1)	50 (2/4)	67 (2/3)
21-BC-37	VIJAYARAJA A Anbalazhan	25 (2/8)	100 (1/1)	0 (0/4)	33 (1/3)
21-BC-38	VISHNUKUMAR M Kumar	50 (4/8)	100 (1/1)	25 (1/4)	67 (2/3)
21-BC-39	YUVARAJAR R R	50 (4/8)	100 (1/1)	50 (2/4)	33 (1/3)
21-BC-40	AFRIN BANU N N	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-41	AKSHAYA A A	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-42	ANNET ANGEL RANI I Angel Rani I	50 (4/8)	0 (0/1)	50 (2/4)	67 (2/3)
21-BC-43	BHUVANESHWARI A Bhuvi	75 (6/8)	100 (1/1)	50 (2/4)	100 (3/3)
21-BC-44	DEEPIKA R R	50 (4/8)	0 (0/1)	25 (1/4)	100 (3/3)
21-BC-45	DHANUISWARYA S Sundarajan	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-46	DHIBIKSHA K	75 (6/8)	100 (1/1)	75 (3/4)	67 (2/3)
21-BC-47	GNANASOUNDARI S S	75 (6/8)	0 (0/1)	75 (3/4)	100 (3/3)
21-BC-48	HEMALATHA S S	13 (1/8)	0 (0/1)	0 (0/4)	33 (1/3)
21-BC-49	KAVIYA SRI K K.Kaviya sri	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-50	KIRUBHA NANDHINI S S	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-BC-51	MADHU SRI M M	38 (3/8)	0 (0/1)	0 (0/4)	100 (3/3)
21-BC-52	MUBEENA PARVEEN J Parveen J	63 (5/8)	0 (0/1)	50 (2/4)	100 (3/3)
21-BC-53	MUBHASHIRA F F	88 (7/8)	100 (1/1)	75 (3/4)	100 (3/3)
21-BC-54	POORNIMA V V	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-55	RITHIKA R K R. K. Rithika	50 (4/8)	0 (0/1)	50 (2/4)	67 (2/3)



Nallamuthu Gounder Mahalingam College

Attendance Percentage Report

20-Jul-2021 To 29-Nov-2021 | Under Graduate - SF | UBC | 2021-2022 | Computer Applications (SF) | SEM 1 | A | SHE01 - Jeyalakshmi S | 21HEC101 - HUMAN EXCELLENCE - PERSONAL VALUES & SKY YOGA PRACTICE-I

Register No.	Student Name	Overall (57) Total working days	Sep 2021 (21)	Oct 2021 (18)	Nov 2021 (18)
		% (A/T)	% (A/T)	% (A/T)	% (A/T)
21-BC-56	SIVADURGA S S	75 (6/8)	0 (0/1)	75 (3/4)	100 (3/3)
21-BC-57	SNEKA J J	75 (6/8)	100 (1/1)	50 (2/4)	100 (3/3)
21-BC-58	SRIKAMATCHI S Kamatchi	100 (8/8)	100 (1/1)	100 (4/4)	100 (3/3)
21-BC-59	SUMITHRA K K	50 (4/8)	0 (0/1)	25 (1/4)	100 (3/3)
21-BC-60	SWETHA R R	75 (6/8)	100 (1/1)	50 (2/4)	100 (3/3)

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Printed On 04-Jan-2024



Nallamuthu Gounder Mahalingam College

Attendance Percentage Report

20-Jul-2021 To 29-Nov-2021 | Under Graduate - SF | UBP | 2021-2022 | Business Process Service (SF) | SEM 1 | A | SHE01 - Jeyalakshmi S | 21HEC101 - HUMAN EXCELLENCE - PERSONAL VALUES & SKY YOGA PRACTICE-I

Student attendance percentage (%) (No. of period attended by the student for the month (A) / No. of period attendance taken for the month (T)).

Register No.	Student Name	Overall (57) Total working days	Sep 2021 (21)	Oct 2021 (18)	Nov 2021 (18)
		% (A/T)	% (A/T)	% (A/T)	% (A/T)
21-BP-01	Agnesh T	71 (5/7)	100 (1/1)	100 (2/2)	50 (2/4)
21-BP-02	ATHAMSA M	71 (5/7)	100 (1/1)	50 (1/2)	75 (3/4)
21-BP-03	Balamurugan S	29 (2/7)	0 (0/1)	0 (0/2)	50 (2/4)
21-BP-04	Elavarasan P	71 (5/7)	0 (0/1)	50 (1/2)	100 (4/4)
21-BP-05	Gokula Krishnan	71 (5/7)	100 (1/1)	50 (1/2)	75 (3/4)
21-BP-06	HARI HARAN.B	71 (5/7)	100 (1/1)	100 (2/2)	50 (2/4)
21-BP-07	Madhuvasanth K	71 (5/7)	100 (1/1)	100 (2/2)	50 (2/4)
21-BP-08	R. Mugundhan	43 (3/7)	0 (0/1)	50 (1/2)	50 (2/4)
21-BP-09	E Naveen Kumar	86 (6/7)	100 (1/1)	100 (2/2)	75 (3/4)
21-BP-10	Prasanth Prasanth	71 (5/7)	100 (1/1)	100 (2/2)	50 (2/4)
21-BP-11	S.praveen Kumar Kumar	57 (4/7)	100 (1/1)	100 (2/2)	25 (1/4)
21-BP-12	Rahul R.B	57 (4/7)	0 (0/1)	50 (1/2)	75 (3/4)
21-BP-13	P.sanjai Sanjai	86 (6/7)	100 (1/1)	100 (2/2)	75 (3/4)
21-BP-14	Sanjay M	43 (3/7)	0 (0/1)	100 (2/2)	25 (1/4)
21-BP-15	R Santhosh	71 (5/7)	100 (1/1)	100 (2/2)	50 (2/4)
21-BP-16	Saravanan M	86 (6/7)	100 (1/1)	100 (2/2)	75 (3/4)
21-BP-17	Sivabalan A ARJUNAN	29 (2/7)	0 (0/1)	50 (1/2)	25 (1/4)
21-BP-18	K Vignesh	86 (6/7)	100 (1/1)	100 (2/2)	75 (3/4)
21-BP-19	DHARANI K	86 (6/7)	100 (1/1)	100 (2/2)	75 (3/4)
21-BP-20	EZHIL BHARATHI T	57 (4/7)	0 (0/1)	50 (1/2)	75 (3/4)
21-BP-21	Ilakkiya V	86 (6/7)	100 (1/1)	100 (2/2)	75 (3/4)
21-BP-22	NIVEDHA S	71 (5/7)	100 (1/1)	100 (2/2)	50 (2/4)
21-BP-23	Priya M	71 (5/7)	100 (1/1)	100 (2/2)	50 (2/4)
21-BP-24	P Subasri	43 (3/7)	0 (0/1)	0 (0/2)	75 (3/4)

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Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.A. - English Literature | 2019-2020 | English Literature (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101 - Human excellence - Personal Values & SKY Yoga Practice-I

For the Month: August 2019

Roll No.	Name	19 14:00	19 15:00	P	%
19-EL-01	ABOORVAN A	✓	✓	2	100
19-EL-02	ARUN KUMAR S	✓	✓	2	100
19-EL-03	DHANASEKAR V	✗	✗	0	0
19-EL-04	GOKULAKRISHNA J.M	✓	✓	2	100
19-EL-05	GOKULNATH K	✗	✗	0	0
19-EL-06	GOWTHAM N	✗	✗	0	0
19-EL-07	SABARI S	✗	✗	0	0
19-EL-08	SEENIVASAN V	✓	✓	2	100
19-EL-09	SHRAVAN KUMAR SIRVI M	✓	✓	2	100
19-EL-10	VIJAYARAAGAVAN D	✓	✓	2	100
19-EL-11	YOGESH P	✓	✓	2	100
19-EL-12	ABINANDANA S	✓	✓	2	100
19-EL-13	ALAKARASI M	✓	✓	2	100
19-EL-14	ASHWA PREETHI S	✓	✓	2	100
19-EL-15	ASWANI S	✓	✓	2	100
19-EL-16	BABY SUMATHI S	✓	✓	2	100
19-EL-17	DEVI MEENAKSHI C	✓	✓	2	100
19-EL-18	DHARANI PRIYA R	✓	✓	2	100
19-EL-19	ELAKKIYA R	✓	✓	2	100
19-EL-20	GEETHA K	✓	✓	2	100
19-EL-21	HANNAH S	✓	✓	2	100
19-EL-22	JAYJANANE R	✓	✓	2	100
19-EL-23	JENCIYA A	✗	✗	0	0
19-EL-24	KANIMOZHI D	✓	✓	2	100
19-EL-25	KANIMOZHI S	✓	✓	2	100
19-EL-26	KAUSALYA M	✗	✗	0	0
19-EL-27	KAVIBHARATHI M	✗	✗	0	0
19-EL-28	KEERTHANA S	✓	✓	2	100
19-EL-29	KEERTHANA S	✓	✓	2	100
19-EL-30	KIRUTHIKA V	✓	✓	2	100
19-EL-31	KRISHNA PRIYA J	✓	✓	2	100
19-EL-32	MADHUMITHA J	✓	✓	2	100
19-EL-33	MAGESHWARI B	✓	✓	2	100
19-EL-34	MAHALAKSHMI K	✓	✓	2	100
19-EL-35	MAHALAKSHMI S	✗	✗	0	0
19-EL-36	MOHANAPRIYA B	✓	✓	2	100
19-EL-37	MUBASHIRA A	✓	✓	2	100
19-EL-38	MYTHILI R D	✓	✓	2	100
19-EL-39	NANDHINI S	✗	✗	0	0
19-EL-40	NASREEN M	✓	✓	2	100
19-EL-41	NILAVARNEESA S	✓	✓	2	100



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.A. - English Literature | 2019-2020 | English Literature (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101 - Human excellence - Personal Values & SKY Yoga Practice-I

Roll No.	Name	19 14:00	19 15:00	P	%
19-EL-42	NIRANJHANA K B	✓	✓	2	100
19-EL-43	NIRMALA R	✓	✓	2	100
19-EL-44	PAVITHRA M.	✓	✓	2	100
19-EL-45	PRANAVI J	✓	✓	2	100
19-EL-46	PRISCILLA S JOY S JOY	✓	✓	2	100
19-EL-47	PRIYANGA N	✓	✓	2	100
19-EL-48	RABINA BEHAM S	✓	✓	2	100
19-EL-49	RAMLATH NISHA A	✓	✓	2	100
19-EL-50	ROOPATHARANI V	—	—	0	-
19-EL-51	ROOPA VIDYA C	✓	✓	2	100
19-EL-52	SARANYA T	✓	✓	2	100
19-EL-53	SASIKALA S	✓	✓	2	100
19-EL-54	SHILPA V	✓	✓	2	100
19-EL-55	SHIVANI R	✓	✓	2	100
19-EL-56	SOUNDARYA V	✓	✓	2	100
19-EL-57	SOWMIYA M	✓	✓	2	100
19-EL-58	SREE INDIA P A	✓	✓	2	100
19-EL-59	SWASTHEKA R	✓	✓	2	100
19-EL-60	THIRUVENI SANGAMITHRA S M	✓	✓	2	100
19-EL-61	MOUNICA H	—	—	0	-
D001	MAHALAKSHMI S	✗	✗	0	0

For the Month: September 2019

Roll No.	Name	6 14:00	6 15:00	17 14:00	17 15:00	25 14:00	25 15:00	P	%
19-EL-01	ABOORVAN A	✓	✓	✓	✓	✓	✓	6	100
19-EL-02	ARUN KUMAR S	✓	✓	✓	✓	✓	✓	6	100
19-EL-03	DHANASEKAR V	✓	✓	✓	✓	✓	✓	6	100
19-EL-04	GOKULAKRISHNA J.M	✓	✓	✓	✓	✓	✓	6	100
19-EL-05	GOKULNATH K	✗	✗	✓	✓	✗	✗	2	33
19-EL-06	GOWTHAM N	✗	✗	✓	✓	✗	✗	2	33
19-EL-07	SABARI S	✓	✓	✓	✓	✓	✓	6	100
19-EL-08	SEENIVASAN V	✓	✓	✓	✓	✓	✓	6	100
19-EL-09	SHRAVAN KUMAR SIRVI M	✓	✓	✓	✓	✓	✓	6	100
19-EL-10	VIJAYARAAGAVAN D	✓	✓	✓	✓	✓	✓	6	100
19-EL-11	YOGESH P	✓	✓	✓	✓	✓	✓	6	100
19-EL-12	ABINANDANA S	✓	✓	✗	✗	✓	✓	4	67
19-EL-13	ALAKARASI M	✓	✓	✓	✓	✓	✓	6	100
19-EL-14	ASHWA PREETHI S	✓	✓	✓	✓	✓	✓	6	100
19-EL-15	ASWANI S	✓	✓	✓	✓	✓	✓	6	100
19-EL-16	BABY SUMATHI S	✓	✓	✓	✓	✓	✓	6	100



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.A. - English Literature | 2019-2020 | English Literature (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101 - Human excellence - Personal Values & SKY Yoga Practice-I

Roll No.	Name	6 14:00	6 15:00	17 14:00	17 15:00	25 14:00	25 15:00	P	%
19-EL-17	DEVI MEENAKSHI C	✗	✗	✓	✓	✗	✗	2	33
19-EL-18	DHARANI PRIYA R	✓	✓	✓	✓	✓	✓	6	100
19-EL-19	ELAKKIYA R	✓	✓	✓	✓	✓	✓	6	100
19-EL-20	GEETHA K	✓	✓	✓	✓	✓	✓	6	100
19-EL-21	HANNAH S	✓	✓	✓	✓	✓	✓	6	100
19-EL-22	JAY JANANE R	✓	✓	✓	✓	✓	✓	6	100
19-EL-23	JENCIYA A	✓	✓	✓	✓	✓	✓	6	100
19-EL-24	KANIMOZHI D	✓	✓	✓	✓	✓	✓	6	100
19-EL-25	KANIMOZHI S	✗	✗	✓	✓	✓	✓	4	67
19-EL-26	KAUSALYA M	✓	✓	✓	✓	✓	✓	6	100
19-EL-27	KAVIBHARATHI M	✓	✓	✓	✓	✓	✓	6	100
19-EL-28	KEERTHANA S	✓	✓	✓	✓	✗	✗	4	67
19-EL-29	KEERTHANA S	✓	✓	✓	✓	✓	✓	6	100
19-EL-30	KIRUTHIKA V	✓	✓	✓	✓	✓	✓	6	100
19-EL-31	KRISHNA PRIYA J	✓	✓	✓	✓	✓	✓	6	100
19-EL-32	MADHUMITHA J	✓	✓	✗	✗	✓	✓	4	67
19-EL-33	MAGESHWARI B	✓	✓	✓	✓	✓	✓	6	100
19-EL-34	MAHALAKSHMI K	✓	✓	✓	✓	✓	✓	6	100
19-EL-35	MAHALAKSHMI S	✗	✗	✓	✓	✗	✗	2	33
19-EL-36	MOHANAPRIYA B	✓	✓	✓	✓	✓	✓	6	100
19-EL-37	MUBASHIRA A	✓	✓	✓	✓	✓	✓	6	100
19-EL-38	MYTHILI R D	✗	✗	✓	✓	✓	✓	4	67
19-EL-39	NANDHINI S	✗	✗	✓	✓	✓	✓	4	67
19-EL-40	NASREEN M	✓	✓	✓	✓	✓	✓	6	100
19-EL-41	NILAVARNEESA S	✓	✓	✓	✓	✓	✓	6	100
19-EL-42	NIRANJHANA K B	✓	✓	✓	✓	✓	✓	6	100
19-EL-43	NIRMALA R	✓	✓	✓	✓	✗	✗	4	67
19-EL-44	PAVITHRA M.	✓	✓	✓	✓	✓	✓	6	100
19-EL-45	PRANAVI J	✓	✓	✗	✗	✓	✓	4	67
19-EL-46	PRISCILLA S JOY S JOY	✓	✓	✓	✓	✓	✓	6	100
19-EL-47	PRIYANGA N	✓	✓	✓	✓	✓	✓	6	100
19-EL-48	RABINA BEHAM S	✓	✓	✓	✓	✓	✓	6	100
19-EL-49	RAMLATH NISHA A	✓	✓	✓	✓	✓	✓	6	100
19-EL-50	ROOPATHARANI V	✗	✗	✓	✓	✓	✓	4	67
19-EL-51	ROOPA VIDYA C	✓	✓	✓	✓	✓	✓	6	100
19-EL-52	SARANYA T	✓	✓	✓	✓	✓	✓	6	100
19-EL-53	SASIKALA S	✗	✗	✓	✓	✓	✓	4	67
19-EL-54	SHILPA V	✓	✓	✗	✗	✓	✓	4	67
19-EL-55	SHIVANI R	✗	✗	✓	✓	✓	✓	4	67
19-EL-56	SOUNDARYA V	✓	✓	✓	✓	✓	✓	6	100
19-EL-57	SOWMIYA M	✓	✓	✗	✗	✓	✓	4	67
19-EL-58	SREE INDIA P A	✓	✓	✓	✓	✓	✓	6	100
19-EL-59	SWASTHEKA R	✓	✓	✗	✗	✗	✗	2	33



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.A. - English Literature | 2019-2020 | English Literature (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101 - Human excellence - Personal Values & SKY Yoga Practice-I

Roll No.	Name	6 14:00	6 15:00	17 14:00	17 15:00	25 14:00	25 15:00	P	%
19-EL-60	THIRUVENI SANGAMITHRA S M	✓	✓	✓	✓	✓	✓	6	100
19-EL-61	MOUNICA H	✗	✗	✓	✓	✗	✗	2	33
D001	MAHALAKSHMI S	-	-	-	-	-	-	0	-



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.A. - English Literature | 2019-2020 | English Literature (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101 - Human excellence - Personal Values & SKY Yoga Practice-I

For the Month: October 2019

Roll No.	Name	4 14:00	4 15:00	16 14:00	16 15:00	24 14:00	24 15:00	P	%
19-EL-01	ABOORVAN A	✓	✓	✓	✓	✓	✓	6	100
19-EL-02	ARUN KUMAR S	✓	✓	✓	✓	✓	✓	6	100
19-EL-03	DHANASEKAR V	✓	✓	✓	✓	✗	✗	4	67
19-EL-04	GOKULAKRISHNA J.M	✓	✓	✓	✓	✓	✓	6	100
19-EL-05	GOKULNATH K	✓	✓	✓	✓	✓	✓	6	100
19-EL-06	GOWTHAM N	✓	✓	✓	✓	✗	✗	4	67
19-EL-07	SABARI S	✓	✓	✓	✓	✓	✓	6	100
19-EL-08	SEENIVASAN V	✓	✓	✓	✓	✓	✓	6	100
19-EL-09	SHRAVAN KUMAR SIRVI M	✓	✓	✓	✓	✓	✓	6	100
19-EL-10	VIJAYARAAGAVAN D	✓	✓	✓	✓	✓	✓	6	100
19-EL-11	YOGESH P	✓	✓	✓	✓	✓	✓	6	100
19-EL-12	ABINANDANA S	✓	✓	✓	✓	✓	✓	6	100
19-EL-13	ALAKARASI M	✓	✓	✓	✓	✓	✓	6	100
19-EL-14	ASHWA PREETHI S	✓	✓	✓	✓	✓	✓	6	100
19-EL-15	ASWANI S	✓	✓	✓	✓	✓	✓	6	100
19-EL-16	BABY SUMATHI S	✗	✗	✓	✓	✓	✓	4	67
19-EL-17	DEVI MEENAKSHI C	✓	✓	✓	✓	✓	✓	6	100
19-EL-18	DHARANI PRIYA R	✓	✓	✓	✓	✓	✓	6	100
19-EL-19	ELAKKIYA R	✓	✓	✓	✓	✓	✓	6	100
19-EL-20	GEETHA K	✓	✓	✓	✓	✓	✓	6	100
19-EL-21	HANNAH S	✓	✓	✓	✓	✓	✓	6	100
19-EL-22	JAYJANANE R	✓	✓	✓	✓	✓	✓	6	100
19-EL-23	JENCIYA A	✓	✓	✓	✓	✓	✓	6	100
19-EL-24	KANIMOZHI D	✓	✓	✓	✓	✓	✓	6	100
19-EL-25	KANIMOZHI S	✓	✓	✓	✓	✓	✓	6	100
19-EL-26	KAUSALYA M	✓	✓	✓	✓	✓	✓	6	100
19-EL-27	KAVIBHARATHI M	✓	✓	✓	✓	✓	✓	6	100
19-EL-28	KEERTHANA S	✓	✓	✓	✓	✓	✓	6	100
19-EL-29	KEERTHANA S	✓	✓	✓	✓	✓	✓	6	100
19-EL-30	KIRUTHIKA V	✗	✗	✓	✓	✓	✓	4	67
19-EL-31	KRISHNA PRIYA J	✓	✓	✓	✓	✓	✓	6	100
19-EL-32	MADHUMITHA J	✓	✓	✓	✓	✓	✓	6	100
19-EL-33	MAGESHWARI B	✓	✓	✓	✓	✓	✓	6	100
19-EL-34	MAHALAKSHMI K	✓	✓	✓	✓	✓	✓	6	100
19-EL-35	MAHALAKSHMI S	✗	✗	✓	✓	✓	✓	4	67
19-EL-36	MOHANAPRIYA B	✓	✓	✓	✓	✓	✓	6	100
19-EL-37	MUBASHIRA A	✓	✓	✓	✓	✓	✓	6	100
19-EL-38	MYTHILI R D	✓	✓	✓	✓	✓	✓	6	100
19-EL-39	NANDHINI S	✓	✓	✓	✓	✓	✓	6	100
19-EL-40	NASREEN M	✓	✓	✓	✓	✓	✓	6	100
19-EL-41	NILAVARNEESA S	✓	✓	✓	✓	✓	✓	6	100



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.A. - English Literature | 2019-2020 | English Literature (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101 - Human excellence - Personal Values & SKY Yoga Practice-I

Roll No.	Name	4 14:00	4 15:00	16 14:00	16 15:00	24 14:00	24 15:00	P	%
19-EL-42	NIRANJHANA K B	✓	✓	✓	✓	✓	✓	6	100
19-EL-43	NIRMALA R	✗	✗	✓	✓	✓	✓	4	67
19-EL-44	PAVITHRA M.	✓	✓	✓	✓	✓	✓	6	100
19-EL-45	PRANAVI J	✓	✓	✗	✗	✗	✗	2	33
19-EL-46	PRISCILLA S JOY S JOY	✓	✓	✓	✓	✓	✓	6	100
19-EL-47	PRIYANGA N	✓	✓	✓	✓	✓	✓	6	100
19-EL-48	RABINA BEHAM S	✓	✓	✓	✓	✓	✓	6	100
19-EL-49	RAMLATH NISHA A	✓	✓	✓	✓	✓	✓	6	100
19-EL-50	ROOPATHARANI V	✓	✓	✓	✓	✓	✓	6	100
19-EL-51	ROOPA VIDYA C	✓	✓	✓	✓	✓	✓	6	100
19-EL-52	SARANYA T	✓	✓	✓	✓	✓	✓	6	100
19-EL-53	SASIKALA S	✓	✓	✓	✓	✓	✓	6	100
19-EL-54	SHILPA V	✓	✓	✓	✓	✓	✓	6	100
19-EL-55	SHIVANI R	✓	✓	✓	✓	✓	✓	6	100
19-EL-56	SOUNDARYA V	✓	✓	✓	✓	✓	✓	6	100
19-EL-57	SOWMIYA M	✓	✓	✓	✓	✓	✓	6	100
19-EL-58	SREE INDIA P A	✓	✓	✓	✓	✓	✓	6	100
19-EL-59	SWASTHEKA R	✗	✗	✗	✗	✗	✗	0	0
19-EL-60	THIRUVENI SANGAMITHRA S M	✓	✓	✓	✓	✓	✓	6	100
19-EL-61	MOUNICA H	✓	✓	✓	✓	✓	✓	6	100
D001	MAHALAKSHMI S	—	—	—	—	—	—	0	-

Printed By
panneerselvam.he@gmail.com

Printed On 02-Jan-2024



Nallamuthu Gounder Mahalingam College

Attendance Percentage Report

20-Jul-2021 To 29-Nov-2021 | Under Graduate - AIDED | UHY | 2021-2022 | History (Aided)
| SEM 1 | A | SHE01 - Jeyalakshmi S | 21HEC101 - HUMAN EXCELLENCE - PERSONAL
VALUES & SKY YOGA PRACTICE-I

Student attendance percentage (%) (No. of period attended by the student for the month (A) / No. of period attendance taken for the month (T)).

Register No.	Student Name	Overall (57) Total working days	Sep 2021 (21)	Oct 2021 (18)	Nov 2021 (18)
		% (A/T)	% (A/T)	% (A/T)	% (A/T)
21-HT-01	ADIYAMAAN M	38 (3/8)	100 (1/1)	25 (1/4)	33 (1/3)
21-HT-02	AJAY A	29 (2/7)	0 (0/0)	25 (1/4)	33 (1/3)
21-HT-03	AKILAN S	57 (4/7)	0 (0/0)	25 (1/4)	100 (3/3)
21-HT-04	BALASUBRAMANI C	88 (7/8)	100 (1/1)	75 (3/4)	100 (3/3)
21-HT-05	DEVARAVIND K.R	88 (7/8)	100 (1/1)	75 (3/4)	100 (3/3)
21-HT-06	DHANUSH M	63 (5/8)	100 (1/1)	25 (1/4)	100 (3/3)
21-HT-07	DHANUSHKUMAR V	71 (5/7)	0 (0/0)	50 (2/4)	100 (3/3)
21-HT-08	DHINENTHIRAN S	63 (5/8)	100 (1/1)	50 (2/4)	67 (2/3)
21-HT-09	DHINESHKUMAR M	67 (4/6)	0 (0/0)	67 (2/3)	67 (2/3)
21-HT-10	GOKUL KRISHNAN S	71 (5/7)	0 (0/0)	75 (3/4)	67 (2/3)
21-HT-11	GOPINATHAN P	71 (5/7)	0 (0/0)	50 (2/4)	100 (3/3)
21-HT-12	GOWTHAM P	71 (5/7)	0 (0/0)	50 (2/4)	100 (3/3)
21-HT-13	KEERTHIVASAKAN L	50 (4/8)	0 (0/1)	25 (1/4)	100 (3/3)
21-HT-14	MANIKANDAN K	63 (5/8)	0 (0/1)	75 (3/4)	67 (2/3)
21-HT-14A	MANIKANDAN K	63 (5/8)	100 (1/1)	25 (1/4)	100 (3/3)
21-HT-15	NANDHA KUMAR K	57 (4/7)	0 (0/0)	50 (2/4)	67 (2/3)
21-HT-16	NAVANEETHAKRISHNA N C	75 (3/4)	0 (0/0)	100 (1/1)	67 (2/3)
21-HT-17	PARASURAMAN S	50 (4/8)	0 (0/1)	75 (3/4)	33 (1/3)
21-HT-18	PRABAKARAN N	57 (4/7)	0 (0/0)	25 (1/4)	100 (3/3)
21-HT-19	PRASAD V.R	63 (5/8)	0 (0/1)	50 (2/4)	100 (3/3)
21-HT-20	PRAVEENKUMAR S	50 (4/8)	100 (1/1)	50 (2/4)	33 (1/3)
21-HT-21	RAJESH M	71 (5/7)	0 (0/0)	75 (3/4)	67 (2/3)
21-HT-22	RAJESHKUMAR A	38 (3/8)	100 (1/1)	25 (1/4)	33 (1/3)
21-HT-23	RANJITH M	71 (5/7)	0 (0/0)	50 (2/4)	100 (3/3)
21-HT-24	SAIKUMAR M	57 (4/7)	0 (0/0)	25 (1/4)	100 (3/3)
21-HT-25	SAKTHIVADIVEL C	38 (3/8)	0 (0/1)	25 (1/4)	67 (2/3)
21-HT-26	SANTHOSH KUMAR M	86 (6/7)	0 (0/0)	100 (4/4)	67 (2/3)
21-HT-27	SASIKUMAR M	75 (6/8)	100 (1/1)	50 (2/4)	100 (3/3)
21-HT-28	SHANMUGAVEL A	25 (2/8)	0 (0/1)	25 (1/4)	33 (1/3)
21-HT-29	THIRUVENGADA BALAJI S	50 (4/8)	0 (0/1)	50 (2/4)	67 (2/3)
21-HT-30	UDHAYAKUMAR T	71 (5/7)	0 (0/0)	100 (4/4)	33 (1/3)
21-HT-31	UDHAYAKUMAR K	71 (5/7)	0 (0/0)	75 (3/4)	67 (2/3)
21-HT-32	VINOTH KUMAR M	38 (3/8)	100 (1/1)	0 (0/4)	67 (2/3)
21-HT-33	YUVARAJ M	75 (6/8)	100 (1/1)	75 (3/4)	67 (2/3)
21-HT-34	ABINAYA M	50 (4/8)	0 (0/1)	50 (2/4)	67 (2/3)
21-HT-35	ABIRAMI R	63 (5/8)	0 (0/1)	50 (2/4)	100 (3/3)



Nallamuthu Gounder Mahalingam College

Attendance Percentage Report

20-Jul-2021 To 29-Nov-2021 | Under Graduate - AIDED | UHY | 2021-2022 | History (Aided)
| SEM 1 | A | SHE01 - Jeyalakshmi S | 21HEC101 - HUMAN EXCELLENCE - PERSONAL
VALUES & SKY YOGA PRACTICE-I

Register No.	Student Name	Overall (57) Total working days	Sep 2021 (21)	Oct 2021 (18)	Nov 2021 (18)
		% (A/T)	% (A/T)	% (A/T)	% (A/T)
21-HT-36	ABIRAMI M	38 (3/8)	0 (0/1)	50 (2/4)	33 (1/3)
21-HT-37	ABITHA S	63 (5/8)	0 (0/1)	50 (2/4)	100 (3/3)
21-HT-38	ANANDHI E	88 (7/8)	100 (1/1)	75 (3/4)	100 (3/3)
21-HT-39	CHARULATHA D	63 (5/8)	0 (0/1)	50 (2/4)	100 (3/3)
21-HT-40	DHANUSRI A	75 (3/4)	0 (0/0)	100 (1/1)	67 (2/3)
21-HT-41	INDHUMATHI G	50 (3/6)	0 (0/0)	33 (1/3)	67 (2/3)
21-HT-42	KALEESWARI S	75 (6/8)	100 (1/1)	75 (3/4)	67 (2/3)
21-HT-43	KANISHKAVI S	63 (5/8)	0 (0/1)	50 (2/4)	100 (3/3)
21-HT-44	KAVI BHARATHI B	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-HT-45	KAVIYA C	63 (5/8)	100 (1/1)	75 (3/4)	33 (1/3)
21-HT-46	KAVYA SREE D	63 (5/8)	100 (1/1)	75 (3/4)	33 (1/3)
21-HT-47	LALITHA R	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-HT-48	MAREESWARI M	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-HT-49	NALINI N	38 (3/8)	0 (0/1)	25 (1/4)	67 (2/3)
21-HT-50	NANDHINI R	88 (7/8)	0 (0/1)	100 (4/4)	100 (3/3)
21-HT-51	NAVEENA R	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-HT-52	NIROSHA A	63 (5/8)	0 (0/1)	100 (4/4)	33 (1/3)
21-HT-53	NIVYA D	75 (6/8)	100 (1/1)	75 (3/4)	67 (2/3)
21-HT-54	PREMALATHA C	88 (7/8)	100 (1/1)	100 (4/4)	67 (2/3)
21-HT-55	SANTHIYA S	86 (6/7)	0 (0/0)	75 (3/4)	100 (3/3)
21-HT-56	SIREEN FIRNAAZ M	63 (5/8)	100 (1/1)	50 (2/4)	67 (2/3)
21-HT-57	SIVASAKTHI K	83 (5/6)	0 (0/0)	67 (2/3)	100 (3/3)
21-HT-58	TAMILARASI S	38 (3/8)	100 (1/1)	50 (2/4)	0 (0/3)
21-HT-59	TAMILSELVI M	38 (3/8)	0 (0/1)	50 (2/4)	33 (1/3)
21-HT-60	UTHAMI C	63 (5/8)	0 (0/1)	75 (3/4)	67 (2/3)
8603	TAMILVANI C.M	0 (0/1)	0 (0/1)	0 (0/0)	0 (0/0)
8752	THAMEEMUM ANSARI M	0 (0/4)	0 (0/1)	0 (0/3)	0 (0/0)
9410	SANDRU SANDRU	0 (0/1)	0 (0/1)	0 (0/0)	0 (0/0)
9659	Kaviya K	0 (0/3)	0 (0/0)	0 (0/3)	0 (0/0)
9660	ABINANDHAKUMAR V	0 (0/7)	0 (0/1)	0 (0/4)	0 (0/2)
9722	PARAMESHWARAN D	14 (1/7)	0 (0/1)	0 (0/4)	50 (1/2)
9943	GANESHKUMAR K	0 (0/1)	0 (0/1)	0 (0/0)	0 (0/0)
10316	Nandhini R	100 (1/1)	100 (1/1)	0 (0/0)	0 (0/0)



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.Sc. - Mathematics | 2019-2020 |
Mathematics (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101-D - HUMAN EXCELLENCE-
PERSONAL VALUES & SKY YOGA PRACTICE-I

For the Month: August 2019

Roll No.	Name	16 14:00	P	%
19-CS-15	SANGEETH T	—	0	-
19-MA-01	NITHISH N M	✓	1	100
19-MA-02	PRABAKARAN R	✓	1	100
19-MA-03	SANJAIPRANANV V	✓	1	100
19-MA-04	ABIRAMI K	✓	1	100
19-MA-05	ANNALAKSHMI A	✓	1	100
19-MA-06	ANUSHRI A	✗	0	0
19-MA-07	BABYSHALINI V	✓	1	100
19-MA-08	BAVAANI P	✓	1	100
19-MA-09	BHAVADHARANI S	✓	1	100
19-MA-10	BRINDHASREE T S	✗	0	0
19-MA-11	DHARSHINI D	✓	1	100
19-MA-12	DIVYA BHARATHI V	✗	0	0
19-MA-13	GAYATHIRI J	✓	1	100
19-MA-14	GAYATHRI E	✓	1	100
19-MA-15	GAYATHRI R	✗	0	0
19-MA-16	GOKILA P	✓	1	100
19-MA-17	JEEVA NARMADHA S	✓	1	100
19-MA-18	JEEVAPREETHI M	✓	1	100
19-MA-19	KALAIVANI K	✓	1	100
19-MA-20	KANMANI M	✓	1	100
19-MA-21	KARTHIKA G	✗	0	0
19-MA-22	KAVIYA M	✗	0	0
19-MA-23	KIRUBA B	✓	1	100
19-MA-24	KRISHNAPRIYA T	✓	1	100
19-MA-25	LOGASUBHA M	✓	1	100
19-MA-26	MAHALAKSHMI R	✓	1	100
19-MA-27	MARIJOTHI M	✗	0	0
19-MA-28	MINISHA S	✓	1	100
19-MA-29	MOHANA PRIYA N	✓	1	100
19-MA-30	MONIKA M	✓	1	100
19-MA-31	NAGALAKSHMI R	✓	1	100
19-MA-32	NAVEENA M	✓	1	100
19-MA-33	NIVETHA S	✓	1	100
19-MA-34	PAVITHRA J	✗	0	0
19-MA-35	PRIYADHARSHINI K	✓	1	100
19-MA-36	RAFIAYATTUUL BASIRIYA A	✓	1	100
19-MA-37	RAGAVI S	✓	1	100
19-MA-38	RAJA RAJESHVARI K	✓	1	100
19-MA-39	RAJUBU NISHA J	✓	1	100
19-MA-40	ROHINI D	✗	0	0



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.Sc. - Mathematics | 2019-2020 |
 Mathematics (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101-D - HUMAN EXCELLENCE-
 PERSONAL VALUES & SKY YOGA PRACTICE-I

Roll No.	Name	16 14:00	P	%
19-MA-41	SABITHA M	✓	1	100
19-MA-42	SANDHYA P	✓	1	100
19-MA-43	SARANYA R	✓	1	100
19-MA-44	SINDUJA E	✓	1	100
19-MA-45	SIVARANJANI S	✓	1	100
19-MA-46	SNEKA T	✓	1	100
19-MA-47	SUBASHINI S	✓	1	100
19-MA-48	SUGANYA R	✓	1	100
19-MA-49	SUTHIKSHA S	✓	1	100
19-MA-50	THENMOZHI D	✓	1	100
19-MA-51	VALARMATHI M	✓	1	100
19-MA-52	VARSHINI M	✓	1	100
19-MA-53	YUVASINI R	✓	1	100

For the Month: September 2019

Roll No.	Name	5 14:00	16 14:00	16 15:00	24 14:00	24 15:00	P	%
19-CS-15	SANGEETH T	✓	✓	✓	✓	✓	5	100
19-MA-01	NITHISH N M	✓	✓	✓	✓	✓	5	100
19-MA-02	PRABAKARAN R	✗	✓	✓	✓	✓	4	80
19-MA-03	SANJAIPRANANV V	✓	✓	✓	✓	✓	5	100
19-MA-04	ABIRAMI K	✓	✓	✓	✓	✓	5	100
19-MA-05	ANNALAKSHMI A	✓	✗	✗	✓	✓	3	60
19-MA-06	ANUSHRI A	✓	✓	✓	✓	✓	5	100
19-MA-07	BABYSHALINI V	✓	✓	✓	✗	✗	3	60
19-MA-08	BAVAANI P	✓	✗	✗	✓	✓	3	60
19-MA-09	BHAVADHARANI S	✓	✓	✓	✓	✓	5	100
19-MA-10	BRINDHASREE T S	✗	✗	✗	✗	✗	0	0
19-MA-11	DHARSHINI D	✓	✓	✓	✓	✓	5	100
19-MA-12	DIVYA BHARATHI V	—	—	—	—	—	0	-
19-MA-13	GAYATHIRI J	✗	✓	✓	✓	✓	4	80
19-MA-14	GAYATHRI E	✓	✓	✓	✓	✓	5	100
19-MA-15	GAYATHRI R	✗	✓	✓	✗	✗	2	40
19-MA-16	GOKILA P	✓	✓	✓	✓	✓	5	100
19-MA-17	JEEVA NARMADHA S	✓	✓	✓	✓	✓	5	100
19-MA-18	JEEVAPREETHI M	✓	✓	✓	✓	✓	5	100
19-MA-19	KALAIVANI K	✓	✓	✓	✓	✓	5	100
19-MA-20	KANMANI M	✓	✓	✓	✓	✓	5	100
19-MA-21	KARTHIKA G	✓	✓	✓	✓	✓	5	100
19-MA-22	KAVIYA M	✓	✓	✓	✓	✓	5	100
19-MA-23	KIRUBA B	✓	✓	✓	✓	✓	5	100
19-MA-24	KRISHNAPRIYA T	✓	✓	✓	✓	✓	5	100
19-MA-25	LOGASUBHA M	✓	✓	✓	✓	✓	5	100
19-MA-26	MAHALAKSHMI R	✓	✓	✓	✓	✓	5	100



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.Sc. - Mathematics | 2019-2020 |
 Mathematics (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101-D - HUMAN EXCELLENCE-
 PERSONAL VALUES & SKY YOGA PRACTICE-I

Roll No.	Name	5 14:00	16 14:00	16 15:00	24 14:00	24 15:00	P	%
19-MA-27	MARIJOTHI M	✓	✓	✓	✓	✓	5	100
19-MA-28	MINISHA S	✓	✓	✓	✓	✓	5	100
19-MA-29	MOHANA PRIYA N	✓	✓	✓	✓	✓	5	100
19-MA-30	MONIKA M	✓	✗	✗	✓	✓	3	60
19-MA-31	NAGALAKSHMI R	—	—	—	—	—	0	-
19-MA-32	NAVEENA M	✗	✓	✓	✓	✓	4	80
19-MA-33	NIVETHA S	✓	✓	✓	✓	✓	5	100
19-MA-34	PAVITHRA J	✓	✓	✓	✓	✓	5	100
19-MA-35	PRIYADHARSHINI K	✓	✓	✓	✓	✓	5	100
19-MA-36	RAFIAYATTUUL BASIRIYA A	✗	✓	✓	✓	✓	4	80
19-MA-37	RAGAVI S	✓	✓	✓	✓	✓	5	100
19-MA-38	RAJA RAJESHVARI K	✗	✓	✓	✓	✓	4	80
19-MA-39	RAJUBU NISHA J	✗	✓	✓	✓	✓	4	80
19-MA-40	ROHINI D	—	—	—	—	—	0	-
19-MA-41	SABITHA M	✓	✓	✓	✓	✓	5	100
19-MA-42	SANDHYA P	✓	✓	✓	✓	✓	5	100
19-MA-43	SARANYA R	✓	✓	✓	✓	✓	5	100
19-MA-44	SINDUJA E	✓	✓	✓	✓	✓	5	100
19-MA-45	SIVARANJANI S	✓	✓	✓	✓	✓	5	100
19-MA-46	SNEKA T	✓	✓	✓	✓	✓	5	100
19-MA-47	SUBASHINI S	✓	✓	✓	✓	✓	5	100
19-MA-48	SUGANYA R	✓	✓	✓	✗	✗	3	60
19-MA-49	SUTHIKSHA S	✓	✓	✓	✓	✓	5	100
19-MA-50	THENMOZHI D	✗	✓	✓	✓	✓	4	80
19-MA-51	VALARMATHI M	✓	✓	✓	✓	✓	5	100
19-MA-52	VARSHINI M	✓	✓	✓	✓	✓	5	100
19-MA-53	YUVASINI R	✓	✓	✓	✓	✓	5	100



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

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 Mathematics (Aided) | SEM 1 | A | Panneerselvam N - A | 19HEC101-D - HUMAN EXCELLENCE-
 PERSONAL VALUES & SKY YOGA PRACTICE-I

For the Month: October 2019

Roll No.	Name	3 14:00	3 15:00	15 14:00	15 15:00	23 14:00	23 15:00	P	%
19-CS-15	SANGEETH T	—	—	—	—	—	—	0	-
19-MA-01	NITHISH N M	✓	✓	✓	✓	✓	✓	6	100
19-MA-02	PRABAKARAN R	✓	✓	✓	✓	✓	✓	6	100
19-MA-03	SANJAIPRANAN V	✓	✓	✓	✓	✓	✓	6	100
19-MA-04	ABIRAMI K	✓	✓	✓	✓	✓	✓	6	100
19-MA-05	ANNALAKSHMI A	✓	✓	✓	✓	✗	✗	4	67
19-MA-06	ANUSHRI A	✓	✓	✓	✓	✗	✗	4	67
19-MA-07	BABYSHALINI V	✓	✓	✓	✓	✓	✓	6	100
19-MA-08	BAVAANI P	✓	✓	✓	✓	✓	✓	6	100
19-MA-09	BHAVADHARANI S	✓	✓	✓	✓	✗	✗	4	67
19-MA-10	BRINDHASREE T S	✓	✓	✓	✓	✓	✓	6	100
19-MA-11	DHARSHINI D	✓	✓	✓	✓	✗	✗	4	67
19-MA-12	DIVYA BHARATHI V	—	—	—	—	—	—	0	-
19-MA-13	GAYATHIRI J	✓	✓	✓	✓	✓	✓	6	100
19-MA-14	GAYATHRI E	✓	✓	✓	✓	✓	✓	6	100
19-MA-15	GAYATHRI R	✓	✓	—	—	—	—	2	100
19-MA-16	GOKILA P	✓	✓	✓	✓	✓	✓	6	100
19-MA-17	JEEVA NARMADHA S	✓	✓	✓	✓	✓	✓	6	100
19-MA-18	JEEVAPREETHI M	✓	✓	✓	✓	✓	✓	6	100
19-MA-19	KALAIVANI K	✓	✓	✓	✓	✗	✗	4	67
19-MA-20	KANMANI M	✓	✓	✓	✓	✓	✓	6	100
19-MA-21	KARTHIKA G	✓	✓	✓	✓	✓	✓	6	100
19-MA-22	KAVIYA M	✓	✓	✓	✓	✗	✗	4	67
19-MA-23	KIRUBA B	✓	✓	✓	✓	✓	✓	6	100
19-MA-24	KRISHNAPRIYA T	✓	✓	✓	✓	✓	✓	6	100
19-MA-25	LOGASUBHA M	✓	✓	✓	✓	✓	✓	6	100
19-MA-26	MAHALAKSHMI R	✓	✓	✓	✓	✓	✓	6	100
19-MA-27	MARIJOTHI M	✓	✓	✓	✓	✓	✓	6	100
19-MA-28	MINISHA S	✓	✓	✓	✓	✓	✓	6	100
19-MA-29	MOHANA PRIYA N	✓	✓	✓	✓	✓	✓	6	100
19-MA-30	MONIKA M	✓	✓	✓	✓	✓	✓	6	100
19-MA-31	NAGALAKSHMI R	—	—	—	—	—	—	0	-
19-MA-32	NAVEENA M	✓	✓	✓	✓	✓	✓	6	100
19-MA-33	NIVETHA S	✓	✓	✓	✓	✓	✓	6	100
19-MA-34	PAVITHRA J	✓	✓	✓	✓	✓	✓	6	100
19-MA-35	PRIYADHARSHINI K	✓	✓	✓	✓	✓	✓	6	100
19-MA-36	RAFIAYATTUUL BASIRIYA A	✓	✓	✓	✓	✓	✓	6	100
19-MA-37	RAGAVI S	✓	✓	✓	✓	✓	✓	6	100
19-MA-38	RAJA RAJESHVARI K	✓	✓	✓	✓	✓	✓	6	100
19-MA-39	RAJUBU NISHA J	✓	✓	✓	✓	✓	✓	6	100
19-MA-40	ROHINI D	—	—	—	—	—	—	0	-



Nallamuthu Gounder Mahalingam College

Student Monthly Attendance Report

12-Aug-2019 To 29-Dec-2019 | Under Graduate - AIDED | B.Sc. - Mathematics | 2019-2020 |
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Roll No.	Name	3 14:00	3 15:00	15 14:00	15 15:00	23 14:00	23 15:00	P	%
19-MA-41	SABITHA M	✗	✗	✓	✓	✓	✓	4	67
19-MA-42	SANDHYA P	✓	✓	✓	✓	✓	✓	6	100
19-MA-43	SARANYA R	✓	✓	✓	✓	✓	✓	6	100
19-MA-44	SINDUJA E	✓	✓	✓	✓	✓	✓	6	100
19-MA-45	SIVARANJANI S	✓	✓	✓	✓	✗	✗	4	67
19-MA-46	SNEKA T	✓	✓	✓	✓	✓	✓	6	100
19-MA-47	SUBASHINI S	✓	✓	✓	✓	✓	✓	6	100
19-MA-48	SUGANYA R	✓	✓	✓	✓	✓	✓	6	100
19-MA-49	SUTHIKSHA S	✓	✓	✓	✓	✓	✓	6	100
19-MA-50	THENMOZHI D	✓	✓	✓	✓	✓	✓	6	100
19-MA-51	VALARMATHI M	✓	✓	✓	✓	✓	✓	6	100
19-MA-52	VARSHINI M	✓	✓	✓	✓	✓	✓	6	100
19-MA-53	YUVASINI R	✓	✓	✓	✓	✓	✓	6	100

Printed By
 panneerselvam.he@gmail.com

Printed On 02-Jan-2024

LIFE SKILLS – PERSONAL VALUES

NADISHUDI PRANAYAMA



AGNA MEDITATION



LIFE SKILLS – PERSONAL VALUES

KAYAKALPA



KAYAKALPA



LIFE SKILLS – PERSONAL VALUES

KAYAKALPA



LIFE SKILLS – PERSONAL VALUES

HAND EXERCISE



LIFE SKILLS – PERSONAL VALUES

NEURO MUSCULAR BREATHING EXERCISE



LIFE SKILLS – PERSONAL VALUES

EYE EXERCISE



KAPALAPATHY

