



**SIGMA COLLEGE OF ARCHITECTURE**  
Moododu, Anducode Post, Kanyakumari District-629168  
Approved by COA-New Delhi & Affiliated to Anna University-Chennai

**YOGA TRAINING PROGRAM 2017-2018**

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**Prof. Ar. B. Naresh Kumar**  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

From the desk of Principal

Ref: SICA/CIR/97A/SKILL.DEV001/2017

Date: 5/07/2017

## CIRCULAR

This is to inform all students that a three day yoga training program is to be organized by B.Arch department of our institution from 19-07-2017 to 20-07-2017 the training given by international yoga teacher Dr.R.Sathish Kumar. The following students are assigned as representatives for the programme. The representatives are requested to attend the meeting on 10/07/2017 at 10 a.m with the convener [Ar. Priya Ram Prabhu/ HoD] of the programme at HoD's cabin.

## SCHEDULE

DATE	TIME	SESSION I	SESSION II
19-07-2017	7:30am-9am	II YEAR	I YEAR
20-07-2017	7:30am-9am	III YEAR	IV YEAR

Venue: 2<sup>nd</sup> year Design Studio

Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

Staff - Incharges	Student Representatives
Ar.Kannan (AP/BArch)	1. Ajin C , IV B.Arch 2. Keerthy Suresh, IV B.Arch
Er.Jerrin Shibu (AP/BArch)	1. Dany K J , III B.Arch 2. Indu T , III B.Arch
Ar.Lexmi (AP/BArch)	1. Anoop A J , II B.Arch 2. Gopika G Koria, II B.Arch
Er.Jenner (AP/BArch)	1. AJIN T V , I B.Arch 2. Selma R , I B.Arch

*Soneey*  
Principal

Copy to:

1. Notice Board
2. Office
3. HOD
4. Director (Admin)
5. Principal
6. Chairman

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

*Indira*  
Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

①



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## YOGA TRAINING PROGRAMME

Date: 10/07/2017

### MEMBERS PRESENT:

Staff - Incharges	Student Representatives
Ar.PriyaRam Prabhu(HOD) - Convener	
Ar.Kannan (AP/BArch)	1. Ajin C ,IV B.Arch 2. Keerthy Suresh, IV B.Arch
Er.Jerrin Shibu (AP/BArch)	1. Dany K J , III B.Arch 2. Indu T , III B.Arch
Ar.Lexmi (AP/BArch)	1. Anoop A J , II B.Arch 2. Gopika G Korla, II B.Arch
Er.Jenner (AP/BArch)	1. AJIN T V , I B.Arch 2. Selma R , I B.Arch

### MINUTES OF MEETING

#### The following points were discussed:

- The convener of the programme, Ar. Priyaram Prabhu [HoD] insisted about the program "Basic of yoga" & "Benefits of practicing yoga" which is going to be conducted from 19-07-2017 to 20-07-2017.
- The program agenda was discussed by all staff members present
- The program venue & timing of session were discussed
  - Venue :- 1<sup>st</sup> year Design Studio
  - Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

### SCHEDULE

DATE	TIME	SESSION I	SESSION II
19-03-2017	7:30am-9am	II YEAR	I YEAR
20-03-2017	7:30am-9am	III YEAR	IV YEAR

- The program agenda was discussed by all staff members present.
- The committee members decided for organizing program. The following works are allotted for the faculty members and student representatives to make the programme a grand success.

(2)

  
Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



## SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

Works allotted	Staff - Incharges	Student Representatives
Discipline	Ar.Kannan (AP/BArch)	1. Dany K J ,IV B.Arch 2. Indu T , IV B.Arch
Circular, Brochure, Photo & Report	Er.Jerrin Shibu (AP/BArch)	1. Anoop A J , III B.Arch 2. Gopika G Korla, III B.Arch
Chief Guest - Hospitality	Ar.Raghav (AP/BArch)	1. AJIN T V , II B.Arch 2. Selma R , II B.Arch
Session wise programme arrangement	Er.Jenner (AP/BArch)	1. Kavi Selvam , I B.Arch 2. Anju Sathyan , I B.Arch

- All students are requested to represent all the activities of the program.
- Students are advised to maintain discipline inside the Training Hall.

*J. Pong Rani*

CONVENOR

*Indira Kolli*

PRINCIPAL

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

3

*Prof. Ar. B. Naresh Kumar*  
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Moododu, Near Kuzhithurai



## SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

### INVITATION LETTER

To,  
The Trainer,  
Dr.R.Sathish Kumar,  
Head Master, St. Aloysius HSS  
Marthandanthurai  
Date: 10/02 / 2017

From,  
The HOD,  
Ar. Priyaram Prabhu  
Sigma College Of Architecture  
Moododu, Anducode Post,  
Kuzhithurai

Subject: Invitation for yoga session

Dear Dr.R.Sathish Kumar,

Hope this letter finds you in good health.

Your expertise in yoga is known well in the city. You are a true icon for the present generation. The way you explain the importance of yoga and the way you practice in an easy and smooth manner is commendable. Therefore, on behalf of all the college staff I would like to invite you to college for a yoga session for students.

Your presence would be inspiring and grateful for all the members. We would be able to practice yoga with a busy schedule which would eventually help us in leading a good life.

Kindly let know if you are free between 18-03-2017 and 21-03-2017, so that we can fix date according to your preference. Please feel to communicate through the contact details: +91-7356256425

If you have any other dates or any other requirements, please let us know in advance.

I hope to hear from you soon.  
Thanking you in advance.

Yours Faithfully,

Ar.J Priya Ram,

(4)

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



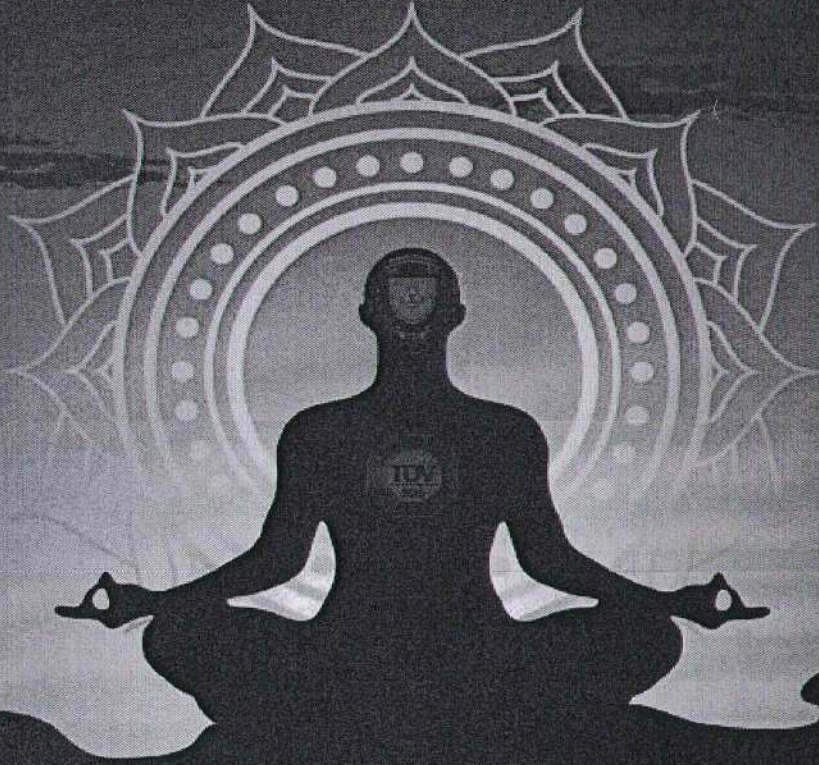
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**SICA**

## BROCHURE

SIGMA COLLEGE OF ARCHITECTURE  
MOODODU, ANDUCODE POST, KANYAKUMARI DISTRICT-629168  
APPROVED BY COA-NEW DELHI & AFFILIATED TO ANNA



YOGA TRAINING PROGRAMME 2017-2018  
VENUE: 3RD YEAR DESIGN STUDIO  
TRAINER: DR. R. SATHISH KUMAR

2 DAYS PROGRAM | DATE: 19-07-2017 TO 20-07-2017

*Ar. Indira Kolli*  
**Principal**  
Sigma College of Architecture (SICA)  
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*Prof. Ar. B. Naresh Kumar*  
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Moododu, Near Kuzhithurai

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## REPORT OF THE PROGRAM

1	Program Name	YOGA TRAINING PROGRAM 2017-2018
2	Date of program duration	19-07-2017 to 20-07-2017
3	Resource person:	Dr.R.Sathish Kumar
4	Participants	39
5	Objective of program	<p>The main objective of the yoga training program is to practice of asans (yoga postures), pranayama (yoga breathing), mudra (body gestures) and shatkarma (internal cleansing). These physical practices are used to purify the body and cultivate prana ( life force energy). The benefits of yoga are endless. The practicing yoga helps to build healthy virtues and good values such as discipline, honesty, devotion, selfinquiry ,mindfulness, and non attachment. Yoga empowers you to make conscious choice towards living a healthier environment.</p> <p>Yoga <b>helps clear the mind</b>, which can give students a break from the constant social atmosphere of college. Practicing getting to a quiet mind space can make it easier to concentrate when reading, studying and sitting through lectures.</p>
6	Programme description	<p>For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, Sigma college of Architecture organized a physical exercise and yoga session for training students and staff which is mandatory for all the students and faculty members. It helps them to maintain harmony of body and spirit. It also increases attention span, improves memory and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness.</p> <p>Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved.</p> <p>A piece of yoga practices every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more</p>

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Prof. Ar. B. Naresh Kumar  
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Moododu, Near Kuzhithurai



## SIGMA COLLEGE OF ARCHITECTURE


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		<p>powerful. Yoga can empower in the following four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and Spiritual Empowerment. These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again their sense of joy, spirit combination and communal kinship.</p> <p>The yoga instructor, Dr. R.Sathish Kumar M.Sc., MA(yoga), M.Ed., M.Phil., PhD took yoga session with great dedication. 69 students participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers.</p> <p>The HoD, Ar.Priyaram and staff in charges motivated the students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the students in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing</p>
8	Outcome of this program	Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. <b>Demonstrate the ability to perform yoga movements in various combination and forms.</b> Understand and apply the knowledge of basic sequencing, and effective group management.

  
Program Coordinator

  
Principal

  
Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

  
Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168



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## GALLERY /GEO -TAG



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Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SIGA

## STUDENTS ATTENDANCE LIST

ACADEMIC YEAR	:	2017-2018
PROGRAMME	:	B.ARCH

### II nd YEAR

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963415251002	Abinav JS	Abinav
2.	963415251005	Abisha Jenifer	Abisha
3.	963415251008	Akshay Jacob	Akshay
4.	<del>96341</del> 963415221009	Al Ameen SS	Al Ameen
5.	963415251010	Anny Lydia Ar	Anny Lydia
6.	963415251020	Dany KJ	Dany
7.	963415251023	Dixy JC	Dixy
8.	963415251028	Hari Krishnan Pk	Hari
9.	963415251035	Jesab Sheen S	Jesab
10.	963415251054	Rohith R	Rohith
11.	963415251053	Rishan R	Rishan
12.	963415251056	Sayden S.	Sayden
13.			
14.			
15.			
16.			

### III YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963414251001	Aashish T	Aashish
2.	963414251003	Aadil Feroz	Aadil
3.	963414251007	Aarandakrishnan S.	Aarandakrishnan
4.	963414251008	Anto Robert Godwin	Godwin
5.	963414251021	Dominic Shaliya SS	Dominic
6.	963414251029	Imama Fathima M	Fathima
7.	963414251028	Hashim M	Hashim
8.	963414251031	Jiho S Lal	Jiho
9.	963414251036	Keetha Suresh	Keetha
10.	963414251042	Michayelm	Michayelm
11.	963414251043	Mohamed Asis Ali	Asis
12.			
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Moododu, Anducode Post, Kanyakumari District

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## IV YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963413251003	Allen J Jose	Allen
2.	963413251007	Aravind Nandan	Aravind
3.	963413251008	Arkipstelin D	Arkipstelin
4.	963413251009	Arun Xavier	Arun
5.	963413251004	Allen Smith	Allen
6.	963413251020	Hima Francis	Hima
7.	963413251028	Jayashree V	Jayashree V
8.	9634132510		
9.			
10.			

## 1st Year:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963416251019	Jeevin Monish	Jeevin
2.	963416251029	Madhu Midha R	Madhu
3.	963416251030	Manu A	Manu
4.	963416251038	Princy G	Princy
5.	963416251040	Rishitha D	Rishitha
6.	963416251041	Fygi Denise	Fygi
7.	963416251048	Vijay T	Vijay
8.	963416251052	Bhish SJ	Bhish
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Prof. Ar. B. Naresh Kumar  
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J. Praveen

Program Coordinator

Ar. Indira Kolli

Principal

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

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Ar. B. Naresh Kumar

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Sigma College of Architecture  
Moododu, Near Kuzhithurai



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Moododu, Anducode Post, Kanyakumari District-629168  
Approved by COA-New Delhi & Affiliated to Anna University-Chennai

**YOGA TRAINING PROGRAM 2018-2019**

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# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

From the desk of Principal

Ref: SICA/CIR/97A/SKILL.DEV001/2018

Date:06/03/2018

## CIRCULAR

This is to inform all students that a three day yoga training program is to be organized by B.Arch department of our institution from 19-03-2018 to 21-03-2018 the training given by international yoga teacher Dr.R.Sathish Kumar. The following students are assigned as representatives for the programme. The representatives are requested to attend the meeting on 12/03/2018 at 10 a.m with the convener [Ar. Chinnadurai/ HoD] of the programme at HoD's cabin.

## SCHEDULE

DATE	TIME	SESSION I	SESSION II
19-03-2018	7:30am-9am	II YEAR	I YEAR
20-03-2018	7:30am-9am	III YEAR	IV YEAR
21-03-2018	7:30am-9am	II YEAR, III YEAR	I YEAR, IV YEAR

Venue: 1<sup>st</sup> year Design Studio

Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

Staff - Incharges	Student Representatives
Ar.Kannan (AP/BArch)	1. Dany K J , IV B.Arch 2. Indu T , IV B.Arch
Er.Jerrin Shibu (AP/BArch)	1. Anoop A J , III B.Arch 2. Gopika G Korla, III B.Arch
Ar.Raghav (AP/BArch)	1. AJIN T V , II B.Arch 2. Selma R , II B.Arch
Er.Jenner (AP/BArch)	1. Kavi Selvam , I B.Arch 2. Anju Sathyan , I B.Arch

Principal

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6. Chairman

Ar. Indira Kolli  
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Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District 622 168

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Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## YOGA TRAINING PROGRAMME

Date: 12/03/2018

### MEMBERS PRESENT:

Staff - Incharges	Student Representatives
Ar.Chinnadurai (HOD) - Convener	
Ar.Kannan (AP/BArch)	1. Dany K J , IV B.Arch 2. Indu T , IV B.Arch
Er.Jerrin Shibu (AP/BArch)	1. Anoop A J , III B.Arch 2. Gopika G Korla, III B.Arch
Ar.Raghav (AP/BArch)	1. AJIN T V , II B.Arch 2. Selma R , II B.Arch
Er.Jenner (AP/BArch)	1. Kavi Selvam , I B.Arch 2. Anju Sathyan , I B.Arch

### MINUTES OF MEETING

#### The following points were discussed:

- The convener of the programme, Ar. Chinnadurai [HoD] insisted about the program "Basic of yoga" & "Benefits of practicing yoga" which is going to be conducted from 19-03-2018 to 21-03-2018.
- The program agenda was discussed by all staff members present
- The program venue & timing of session were discussed
  - Venue :- 1<sup>st</sup> year Design Studio
  - Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

### SCHEDULE

DATE	TIME	SESSION I	SESSION II
19-03-2018	7:30am-9am	II YEAR	I YEAR
20-03-2018	7:30am-9am	III YEAR	IV YEAR
21-03-2018	7:30am-9am	II YEAR, III YEAR	I YEAR, IV YEAR

- The program agenda was discussed by all staff members present.
- The committee members decided for organizing program. The following works are allotted for the faculty members and student representatives to make the programme a grand success.

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

*[Handwritten signature]*



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



Works allotted	Staff - Incharges	Student Representatives
Discipline	Ar.Kannan (AP/BArch)	1. Dany K J ,IV B.Arch 2. Indu T , IV B.Arch
Circular, Brochure, Photo & Report	Er.Jerrin Shibu (AP/BArch)	1. Anoop A J , III B.Arch 2. Gopika G Korla, III B.Arch
Chief Guest - Hospitality	Ar.Raghav (AP/BArch)	1. AJIN T V , II B.Arch 2. Selma R , II B.Arch
Session wise programme arrangement	Er.Jenner (AP/BArch)	1. Kavi Selvam , I B.Arch 2. Anju Sathyan , I B.Arch

- All students are requested to represent all the activities of the program.
- Students are advised to maintain discipline inside the Training Hall.

CONVENOR

PRINCIPAL

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Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## INVITATION LETTER

To,  
The Trainer,  
Dr.R.Sathish Kumar,  
Head Master, St. Aloysius HSS  
Marthandanthurai  
Date: 02/12 / 2018

From,  
The HOD,  
Ar.Chinna Durai,  
Sigma College Of Architecture  
Moododu, Anducode Post,  
Kuzhithurai

Subject: Invitation for yoga session

Dear Dr.R.Sathish Kumar,

Hope this letter finds you in good health.

Your expertise in yoga is known well in the city. You are a true icon for the present generation. The way you explain the importance of yoga and the way you practice in an easy and smooth manner is commendable. Therefore, on behalf of all the college staff I would like to invite you to college for a yoga session for students.

Your presence would be inspiring and grateful for all the members. We would be able to practice yoga with a busy schedule which would eventually help us in leading a good life.

Kindly let know if you are free between 25-12-2019 and 28-12-2019, so that we can fix date according to your preference. Please feel to communicate through the contact details: +91-9445536236

If you have any other dates or any other requirements, please let us know in advance.

I hope to hear from you soon.  
Thanking you in advance.

Yours Faithfully,

Ar.Chinna Durai,  
+91-9445536236

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



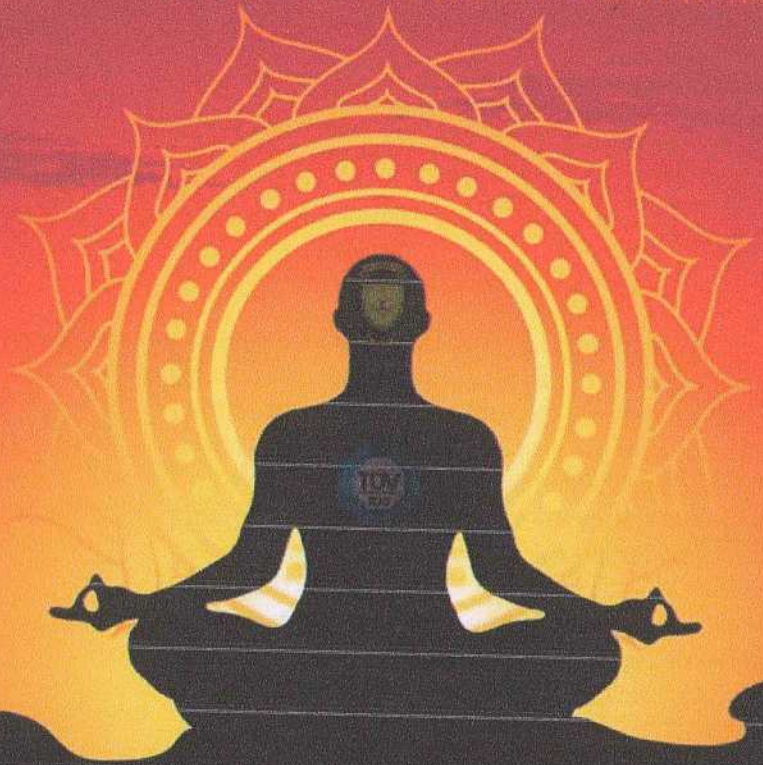
# SIGMA COLLEGE OF ARCHITECTURE

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**SICA**

## BROCHURE

SIGMA COLLEGE OF ARCHITECTURE  
MOODODU, ANDUCODE POST, KANYAKUMARI DISTRICT - 629168  
APPROVED BY COA NEW DELHI & AFFILIATED TO ANNA



**YOGA TRAINING PROGRAMME 2018-2019**  
VENUE: 1ST YEAR DESIGN STUDIO  
TRAINER: DR. R. SATHISH KUMAR

3 DAYS PROGRAM DATE: 19-03-2018 TO 21-03-2018

*Preethi*  
Ar. Indira Koili  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

**PRINCIPAL**

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

*Naresh*



## REPORT OF THE PROGRAM

1	Program Name	YOGA TRAINING PROGRAM 2018-2019
2	Date of program duration	19-03-2018 to 21-03-2018
3	Resource person:	Dr.R.Sathish Kumar
4	Participants	81
5	Objective of program	<p>The main objective of the yoga training program is to practice of asans (yoga postures), pranayama (yoga breathing), mudra (body gestures) and shatkarma (internal cleansing). These physical practices are used to purify the body and cultivate prana (life force energy). The benefits of yoga are endless. The practicing yoga helps to build healthy virtues and good values such as discipline, honesty, devotion, selfinquiry, mindfulness, and non attachment. Yoga empowers you to make conscious choice towards living a healthier environment.</p> <p>Yoga <b>helps clear the mind</b>, which can give students a break from the constant social atmosphere of college. Practicing getting to a quiet mind space can make it easier to concentrate when reading, studying and sitting through lectures.</p>
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Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai




# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

		<p>their sense of joy, spirit combination and communal kinship.</p> <p>The yoga instructor, Dr. R.Sathish Kumar M.Sc., MA(yoga), M.Ed., M.Phil., PhD took yoga session with great dedication. <b>80</b> students participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers.</p> <p>The HoD, Ar.Chinna Durai and staff in charges motivated the students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the students in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing</p>
8	Outcome of this program	<p>Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. <b>Demonstrate the ability to perform yoga movements in various combination and forms.</b> Understand and apply the knowledge of basic sequencing, and effective group management.</p>

  
Program Coordinator

  
Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168  
Principal

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

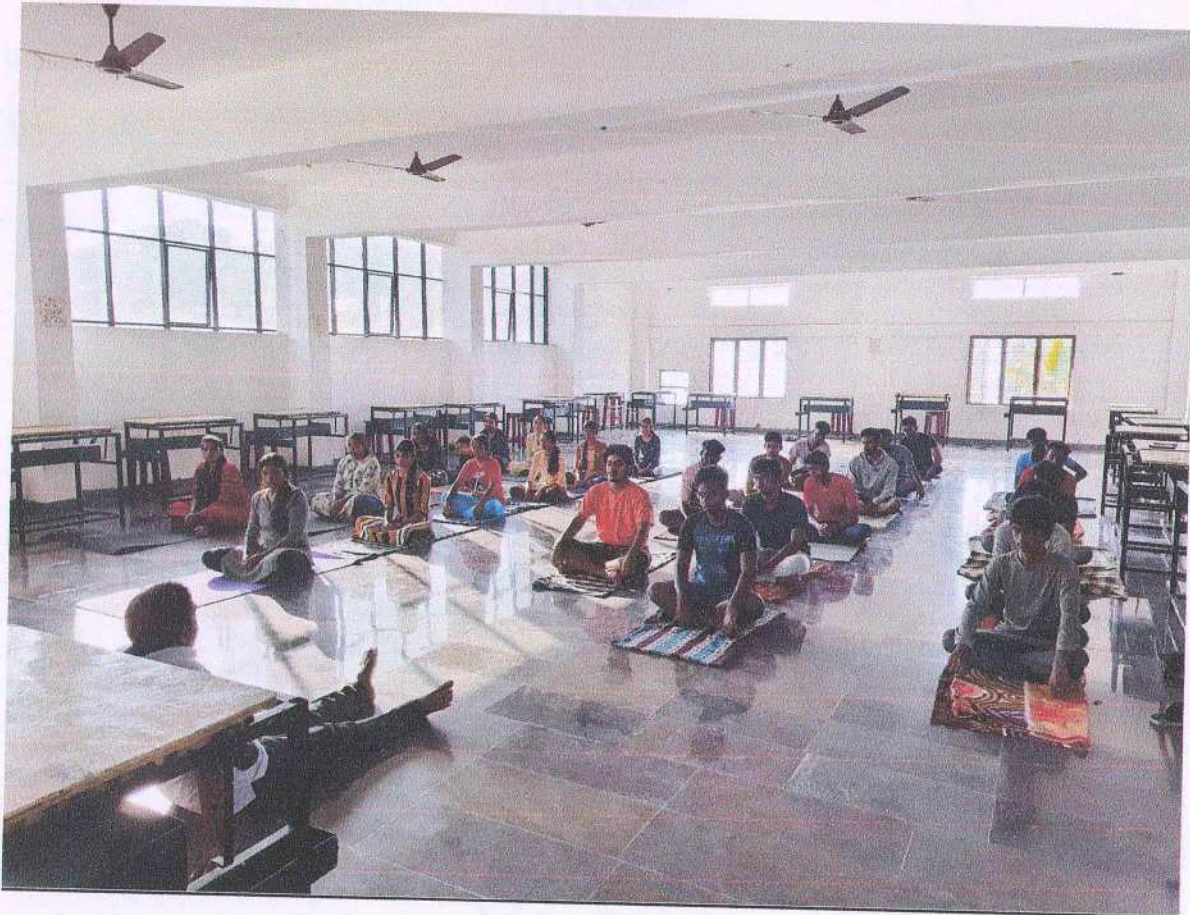




**SIGMA COLLEGE OF ARCHITECTURE**  
Moododu, Anducode Post, Kanyakumari District

**SICA**

**GALLERY OR GEO TAG**



*Naresh*

**Prof. Ar. B. Naresh Kumar**  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SIGA

## STUDENTS ATTENDANCE LIST

ACADEMIC YEAR	:	2018 - 2019
PROGRAMME	:	B.ARCH

### II nd YEAR

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963417251015	Selma	R. Selma
2.	963417251005	AL-AMEEN	Al-Ameen
3.	963417251001	AGNES DORA .R	Agnes Dora
4.	963417251003	AGIN T.V	Agin
5.	963417251006	ANANDHU. A	Anandhu
6.	963417251007	ANTONY REXIN AJ	Antony Rexin AJ
7.	963417251008	BHARAT GOVINDH	Bharath
8.	963417251009	CARONE LMY THOMAS	Caluella
9.	963417251010	JOEDEL JASON	Joe Del Jason
10.	963417251011	JHON BENNO	John Benno
11.	963417251012	NIHIL MATHAVAN	Nihil
12.	963417251013	NITHIN THOMAS	Nithin
13.	963417251014	SATAN	Satan
14.	963417251015	SELMA.R	R. Selma
15.	963417251011	HARCHA VARDHAN	Harcha Vardhan
16.			

### III YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963416251001	AJAY JR	Ajay R.
2.	963416251003	AJAY REYO M	Aj. M
3.	963416251004	AJITH KUMAR	Ajith Kumar
4.	963416251005	ALENTRE ESTER .A	Al. Ester
5.	963416251007	AMITH RAJ R	Amith Raj
6.	963416251008	JENISHMA.	Jenishma
7.	963416251009	ANODP	Anoop
8.	963416251010	ANTONY L.R	Antony
9.	963416251011	AVINESH B	Avinash
10.	963416251012	AYSHWARYA S	Aishwarya
11.	963416251013	BENIN	Benin
12.	963416251014	EBYRON R	Ebyron
13.	963416251016	GRACIA ROK V	Gracia
14.	963416251017	GOPIKA G I LONS	Gopiika
15.	963416251018	JEFFRINT	Jeffrint
16.	963416251020	JENISHIA SA	Jenishia
17.	963416251021	JENISHA M	Jenisha
18.	963416251023	JERWIN GEO A	Jerwin
19.			

Prof. Ar. B. Nareesh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

*Handwritten signature*



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

**SIGA**

20.	963416251025	JOHN VENISTAN	<i>John Venistan</i>
21.	963416251026	LAKSHMI	<i>Lakshmi</i>
22.	963416251027	LING J	<i>Ling J</i>
23.	963416251028	MADHO MIDHA R	<i>Madho Midha R</i>
24.			
25.			
26.			
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## IV YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963415251001	ARON MARGH	<i>Aron Margh</i>
2.	963415251002	ABINOV JS	<i>Abinov JS</i>
3.	963415251003	ABIN RAJ.	<i>Abin Raj</i>
4.	963415251004	ABISHEK A	<i>Abishek A</i>
5.	963415251005	ABISHA JEFFER C	<i>Abisha Jeff C</i>
6.	963415251009	AIAMEEN S.S.	<i>Aiameen S.S.</i>
7.			
8.			
9.			
10.			

## 1st Year:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963418251028	Joyce Sweetline	<i>Joyce Sweetline</i>
2.	963418251050	Vignesh Krishnan A.K	<i>Vignesh Krishnan A.K</i>
3.	963418251029	R. Jayalram	<i>R. Jayalram</i>
4.	963418251008	Anita Rajan	<i>Anita Rajan</i>
5.	963418251036	Poojaresh	<i>Poojaresh</i>
6.	963418251009	Anju Sathyan.	<i>Anju Sathyan</i>
7.	963418251025	Jenny John	<i>Jenny John</i>
8.	963418251037	Prinilla	<i>Prinilla</i>
9.	963418251081	Indulakha	<i>Indulakha</i>
10.	963418251007	Anisha	<i>Anisha</i>
11.	963418251002	Ajay	<i>Ajay</i>
12.	963418251023	Jamy SI	<i>Jamy SI</i>
13.	963418251022	Jebeena keethi	<i>Jebeena keethi</i>
14.	963418251028	Mohamed shakeen	<i>Mohamed shakeen</i>
15.	963418251029	Vignesh SV	<i>Vignesh SV</i>
16.	963418251038	Raghu	<i>Raghu</i>
17.	963418251025	PACIN SUBIN R	<i>Pacin Subin R</i>

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

*Naresh*




# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

18.	963418251046	Sri Venkatesh A	Sri Venkatesh
19.	963418251040	SATU A	SATU
20.	963418251048	Vaishak Vikraman	Vaishak
21.			
22.			
23.			
24.			
25.			
26.			
27.			

  
Program Coordinator

  
Principal

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai





**SIGMA COLLEGE OF ARCHITECTURE**  
Moododu, Anducode Post, Kanyakumari District-629168  
Approved by COA-New Delhi & Affiliated to Anna University-Chennai

**YOGA TRAINING PROGRAM 2019-2020**

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**Prof. Ar. B. Naresh Kumar**  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



From the desk of Principal

Ref: SICA/CIR/97A/SKILL.DEV001/2019

Date: 17/12/2019

## CIRCULAR

This is to inform all students that a two day yoga training program is to be organized by B.Arch department of our institution from 26-12-2019 to 27-12-2019 the training given by international yoga teacher Dr.R.Sathish Kumar. The following students are assigned as representatives for the programme. The representatives are requested to attend the meeting on 20/12/2019 at 10 a.m with the convener [Ar. Chinnadurai/ HoD] of the programme at HoD's cabin.

## SCHEDULE

DATE	TIME	SESSION I	SESSION II
26-12-2019	7:30am-9am	II YEAR	I YEAR
27-12-2019	7:30am-9am	III YEAR	IV YEAR

Venue: 2<sup>nd</sup> year Design Studio

Time : :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

Staff - Incharges	Student Representatives
Ar.Kannan (AP/BArch)	1. Anoop A J , IV B.Arch 2. Gopika G Koria , IV B.Arch
Ar.Nishya (AP/BArch)	1. AJIN T V , III B.Arch 2. Selma R , III B.Arch
Ar.Raghav (AP/BArch)	1. Kavi Selvam , II B.Arch 2. Anju Sathyan , II B.Arch
Er.Jenner (AP/BArch)	1. Arul Prakash, I B.Arch 2. Jenisha , I B.Arch

Principal

Copy to:

1. Notice Board
2. Office
3. HOD
4. Director (Admin)
5. Principal
6. Chairman

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## YOGA TRAINING PROGRAMME

Date: 20/12/2021

### MEMBERS PRESENT:

Staff - Incharges	Student Representatives
Ar.Chinnadurai (HOD) - Convener	
Ar.Kannan (AP/BArch)	1. Anoop A J , IV B.Arch 2. Gopika G Korla , IV B.Arch
Ar.Nishya (AP/BArch)	3. AJIN T V , III B.Arch 1. Selma R , III B.Arch
Ar.Raghav (AP/BArch)	3. Kavi Selvam , II B.Arch 1. Anju Sathyan , II B.Arch
Er.Jenner (AP/BArch)	1. Arul Prakash, I B.Arch 2. Jenisha , I B.Arch

### MINUTES OF MEETING

The following points were discussed:

- The convener of the programme, Ar. Chinnadurai [HoD] insisted about the program "Basic of yoga" & "Benefits of practicing yoga" which is going to be conducted from 26-12-2019 to 27-12-2019.
- The program agenda was discussed by all staff members present
- The program venue & timing of session were discussed
  - Venue :- 2<sup>nd</sup> year Design Studio
  - Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

### SCHEDULE

DATE	TIME	SESSION I	SESSION II
26-12-2019	7:30am-9am	II YEAR	I YEAR
27-12-2019	7:30am-9am	III YEAR	IV YEAR

- The program agenda was discussed by all staff members present.
- The committee members decided for organizing program. The following works are allotted for the faculty members and student representatives to make the programme a grand success.

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

*[Handwritten signature]*



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

Works allotted	Staff - Incharges	Student Representatives
Discipline	Ar.Kannan (AP/BArch]	1. Anoop A J ,IV B.Arch 2. Gopika G Koria , IV B.Arch
Circular, Brochure, Photo & Report	Ar.Nishya (AP/BArch)	1. AJIN T V , III B.Arch 2. Selma R , III B.Arch
Chief Guest - Hospitality	Ar.Raghav (AP/BArch)	1. Kavi Selvam , II B.Arch 2. Anju Sathyan , II B.Arch
Session wise programme arrangement	Er.Jenner (AP/BArch)	1. Arul Prakash, I B.Arch 2. Jenisha , I B.Arch

- All students are requested to represent all the activities of the program.
- Students are advised to maintain discipline inside the Training Hall.

  
CONVENOR

  
PRINCIPAL

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 622 039

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai





# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## INVITATION LETTER

To,  
The Trainer,  
Dr.R.Sathish Kumar,  
Head Master, St. Aloysius HSS  
Marthandanthurai  
Date: 02/12 / 2019

From,  
The HOD,  
Ar.Chinna Durai,  
Sigma College Of Architecture  
Moododu, Anducode Post,  
Kuzhithurai

Subject: Invitation for yoga session

Dear Dr.R.Sathish Kumar,

Hope this letter finds you in good health.

Your expertise in yoga is known well in the city. You are a true icon for the present generation. The way you explain the importance of yoga and the way you practice in an easy and smooth manner is commendable. Therefore, on behalf of all the college staff I would like to invite you to college for a yoga session for students.

Your presence would be inspiring and grateful for all the members. We would be able to practice yoga with a busy schedule which would eventually help us in leading a good life.

Kindly let know if you are free between 25-12-2019 and 28-12-2019, so that we can fix date according to your preference. Please feel to communicate through the contact details: +91-9445536236

If you have any other dates or any other requirements, please let us know in advance.

I hope to hear from you soon.  
Thanking you in advance.

Yours Faithfully,

Ar.Chinna Durai,  
+91-9445536236

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

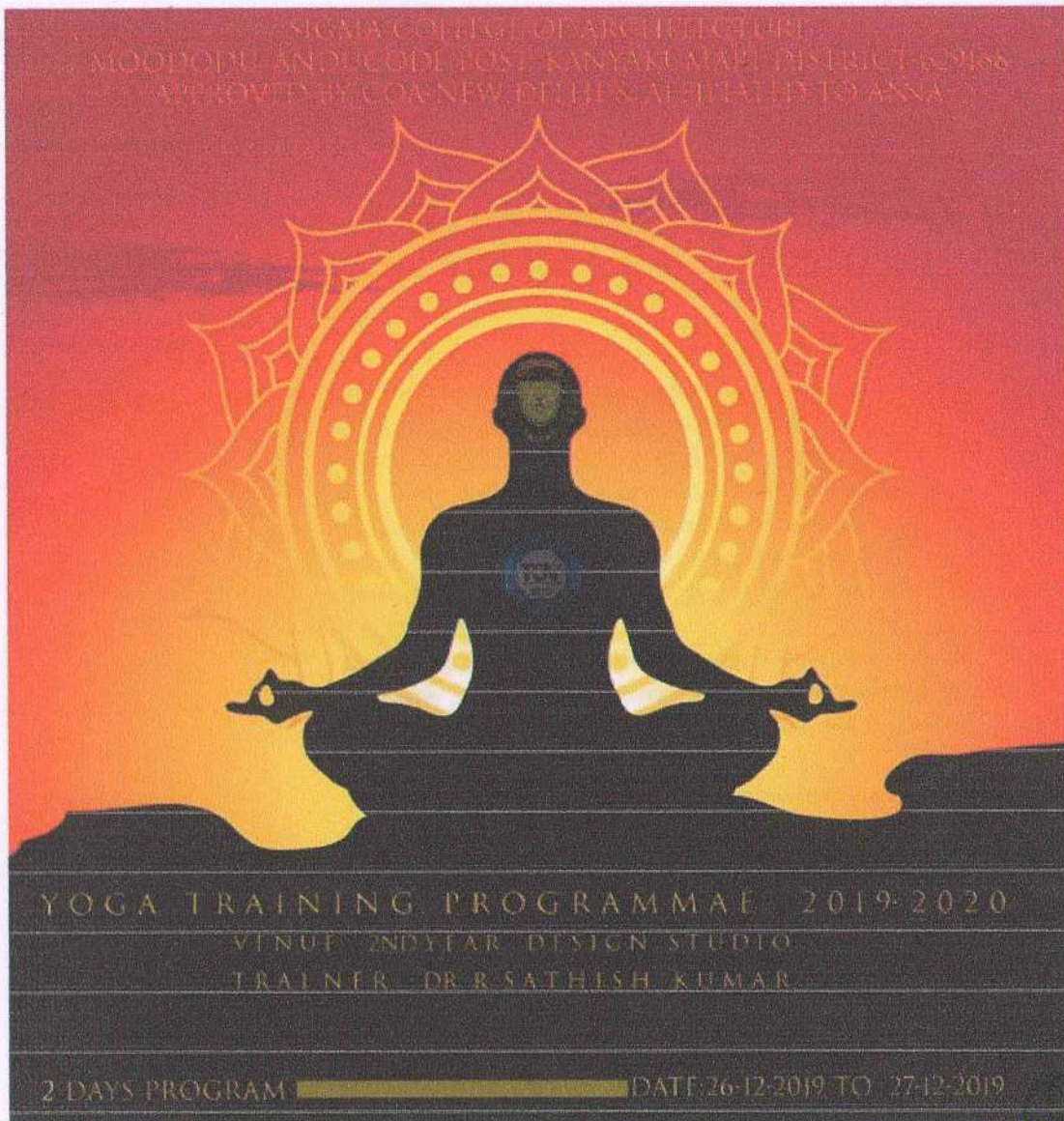


# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

**SICA**

## BROCHURE



*Neel*

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168,  
**PRINCIPAL**

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

*Naresh*

**REPORT OF THE PROGRAM**

1	Program Name	YOGA TRAINING PROGRAM 2019-2020
2	Date of program duration	26-12-2019 & 27-12-2019
3	Resource person:	Dr.R.Sathish Kumar
4	Participants	44
5	Objective of program	<p>The main objective of the yoga training program is to practice of asans (yoga postures), pranayama (yoga breathing), mudra (body gestures) and shatkarma (internal cleansing). These physical practices are used to purify the body and cultivate prana ( life force energy). The benefits of yoga are endless. The practicing yoga helps to build healthy virtues and good values such as discipline, honesty, devotion, selfinquiry ,mindfulness, and non attachment. Yoga empowers you to make conscious choice towards living a healthier environment.</p> <p>Yoga <b>helps clear the mind</b>, which can give students a break from the constant social atmosphere of college. Practicing getting to a quiet mind space can make it easier to concentrate when reading, studying and sitting through lectures.</p>
6	Programme description	<p>For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, Sigma college of Architecture organized a physical exercise and yoga session for training students and staff which is mandatory for all the students and faculty members. It helps them to maintain harmony of body and spirit. It also increases attention span, improves memory and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness.</p> <p>Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved.</p> <p>A piece of yoga practices every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful. Yoga can empower in the following four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and Spiritual Empowerment. These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again</p>

Prof. A. S. Narayana  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

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		<p>their sense of joy, spirit combination and communal kinship.</p> <p>The yoga instructor, Dr. R.Sathish Kumar M.Sc., MA(yoga), M.Ed., M.Phil., PhD took yoga session with great dedication. 66 students participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers.</p> <p>The HoD, Ar.Chinna Durai and staff in charges motivated the students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the students in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing</p>
8	Outcome of this program	<p>Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. <b>Demonstrate the ability to perform yoga movements in various combination and forms.</b> Understand and apply the knowledge of basic sequencing, and effective group management.</p>

Program Coordinator

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

Principal

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



## SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

### GALLERY OR GEO TAG



Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

## STUDENTS ATTENDENCE LIST

ACADEMIC YEAR	:	2019-2020
PROGRAMME	:	B.ARCH

### II nd YEAR

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963418251008	Anitha Raju	Anitha Raju
2.	963418251026	Paradeesh	Paradeesh
3.	963418251050	Vishnu Krishnan	Vishnu Krishnan
4.	963418251029	R. Jayashan	R. Jayashan
5.	963418251028	Joyce Sweetline	Joyce Sweetline
6.	963418251025	Jesly John	Jesly John
7.	963418251009	Anju Sathyan	Anju Sathyan
8.	963418251037	Prinilla	Prinilla
9.	963418251021	Dindylakha	Dindylakha
10.	963418251007	Anisha	Anisha
11.	963418251002	Ajay Vijayan	Ajay Vijayan
12.			
13.			
14.			
15.			
16.			

### III YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963417251015	Selma	Selma
2.	963417251005	AL-AMEEN	AL-AMEEN
3.		ANANDHU A	ANANDHU A
4.		ANTONY REXIN A.J	ANTONY REXIN A.J
5.		BIHARAT GANESH	BIHARAT GANESH
6.		CAROLINE LIYA THOMAS	CAROLINE LIYA THOMAS
7.		Jaspreet Singh	Jaspreet Singh
8.			
9.		Nikhil Madhavan	Nikhil Madhavan
10.		SADAN	SADAN
11.	963417251011	John Benno	John Benno
12.	" 13	Nrithin Thomas	Nrithin Thomas
13.	963417251915	sehm R	sehm R
14.		Harshvardhan	Harshvardhan
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Prof. Ar. B. Nareesh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

Amr



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

**SICA**

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## IV YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963416251001	Ajay JR	Ajay R
2.	963416251003	Ajay Ryo R	Ajay R
3.	963416251004	Ajith Kumar	Ajith K
4.	963416251005	Alertin Githa	Alertin G
5.	963416251007	Amithe Ryo	Amithe R
6.	963416251008	Arun Kumar G	Arun Kumar G
7.	963416251009	Anoop B	Anoop B
8.	963416251010	Antony Mith R	Antony M
9.	963416251013	AVineth B	AVineth B
10.	963416251014	Ebyron R	Ebyron R

## 1st Year:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963419251004	A. Abishek	A. Abishek
2.	963419251014	A. Arun Prakash	A. Arun P
3.	963419251042	F.S. Mithun	F.S. Mithun
4.	963419251034	JEBIN RAI	JEBIN R
5.	963419251018	Balagopala CH	Balagopala C
6.	963419251039	Jane Kishore Antony . S	Jane Kishore A
7.	963419251008	Alan Sreev	Alan S
8.	963419251011	Anumol. R. N	Anumol. R. N
9.	963419251013	Arsha . S	Arsha . S
10.	963419251027	Thiriyga P. S	Thiriyga P. S

*S. Anand*

Program Coordinator

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

Ar. Indira Kolli  
Principal

Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168  
Principal

*Nam*



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA



## SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District-629168

Approved by COA-New Delhi & Affiliated to Anna University-Chennai

### YOGA TRAINING PROGRAM 2020-2021

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Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

**SICA**

From the desk of Principal

Ref: SICA/CIR/97A/SKILL.DEV001/2020

Date: 26/12/2020

## CIRCULAR

This is to inform all students that a two day yoga training program is to be organized by B.Arch department of our institution from 01-02-2020 to 02-02-2020 the training given by international yoga teacher Dr.R.Sathish Kumar. The following students are assigned as representatives for the programme. The representatives are requested to attend the meeting on 28/01/2020 at 10 a.m with the convener [Ar. Chinnadurai/ HoD] of the programme at HoD's cabin.

## SCHEDULE

DATE	TIME	SESSION I	SESSION II
01-02-2020	7:30am-9am	II YEAR	I YEAR
02-02-2020	7:30am-9am	III YEAR	IV YEAR

Venue: 4<sup>th</sup> year Design Studio

Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

Staff - Incharges	Student Representatives
Ar.Kannan (AP/BArch)	1. AJIN T V , IV B.Arch 2. Selma R , IV B.Arch
Ar.Nishya (AP/BArch)	1. Srivenkitesh , III B.Arch 2. Ansu Anna Jacob , III B.Arch
Ar.Raghav (AP/BArch)	1. Charu Ashok , II B.Arch 2. Aswin Scaria Shaj , II B.Arch
Ar.Priyadarshini (AP/BArch)	1. Godwin Maryo , I B.Arch 2. Megha Nambiar , I B.Arch

*[Handwritten signature]*

Principal

Copy to:

1. Notice Board
2. Office
3. HOD
4. Director (Admin)
5. Principal
6. Chairman

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

2

*[Handwritten signature]*



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## YOGA TRAINING PROGRAMME

Date: 28/01/2020

### MEMBERS PRESENT:

Staff - Incharges	Student Representatives
Ar.Chinnadurai (HOD) - Convener	
Ar.Kannan (AP/M.Arch)	3. AJIN T V , IV B.Arch 4. Selma R , IV B.Arch
Ar.Nishya (AP/B.Arch)	3. Srivenkitesh , III B.Arch 4. Ansu Anna Jacob , III B.Arch
Ar.Raghav (AP/B.Arch)	3. Charu Ashok , II B.Arch 4. Aswin Scaria Shaj , II B.Arch
Ar.Priyadarshini (AP/B.Arch)	3. Godwin Maryo, I B.Arch 4. Megha Nambiar , I B.Arch

### MINUTES OF MEETING

#### The following points were discussed:

- The convener of the programme, Ar. Chinnadurai [HoD] insisted about the program "Basic of yoga" & "Benefits of practicing yoga" which is going to be conducted from 01-02-2020 to 02-02-2020.
- The program agenda was discussed by all staff members present
- The program venue & timing of session were discussed
  - Venue :- 4<sup>th</sup> year Design Studio
  - Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

### SCHEDULE

DATE	TIME	SESSION I	SESSION II
01-02-2020	7:30am-9am	II YEAR	I YEAR
02-02-2020	7:30am-9am	III YEAR	IV YEAR

- The program agenda was discussed by all staff members present.
- The committee members decided for organizing program. The following works are allotted for the faculty members and student representatives to make the programme a grand success.

Prof. Ar. B. N.resh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Bear Kuzhithurai

3



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

Works allotted	Staff - Incharges	Student Representatives
Discipline	Ar.Kannan (AP/MArch]	1. Kavi Selvam , IV B.Arch 2. Anju Sathyan , IV B.Arch
Circular, Brochure, Photo & Report	Ar.Nishya (AP/BArch)	1. J.Jenisha Varshini, III B.Arch 2. Aswin Scaria Shaji, III B.Arch
Chief Guest - Hospitality	Ar.Raghav (AP/BArch)	1. Aiswarya, II B.Arch 2. Bharath , II B.Arch
Session wise programme arrangement	Ar.Priyadarshini (AP/BArch)	1. Abhishek, I B.Arch 2. Varun , I B.Arch

- All students are requested to represent all the activities of the program.
- Students are advised to maintain discipline inside the Training Hall.

CONVENOR

PRINCIPAL

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 719 58

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

④



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## INVITATION LETTER

To,  
The Trainer,  
Dr.R.Sathish Kumar,  
Head Master, St. Aloysius HSS  
Marthandanthurai  
Date: 10/01 / 2020

From,  
The HOD,  
Ar.Chinna Durai,  
Sigma College Of Architecture  
Moododu, Anducode Post,  
Kuzhithurai

Subject: Invitation for yoga session

Dear Dr.R.Sathish Kumar,

Hope this letter finds you in good health.

Your expertise in yoga is known well in the city. You are a true icon for the present generation. The way you explain the importance of yoga and the way you practice in an easy and smooth manner is commendable. Therefore, on behalf of all the college staff I would like to invite you to college for a yoga session for students.

Your presence would be inspiring and grateful for all the members. We would be able to practice yoga with a busy schedule which would eventually help us in leading a good life.

Kindly let know if you are free between 01-02-2020 and 03-02-2020, so that we can fix date according to your preference. Please feel to communicate through the contact details: +91-9445536236

If you have any other dates or any other requirements, please let us know in advance.

I hope to hear from you soon.  
Thanking you in advance.

Yours Faithfully,

Ar.Chinna Durai,  
+91-9445536236

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

(5)

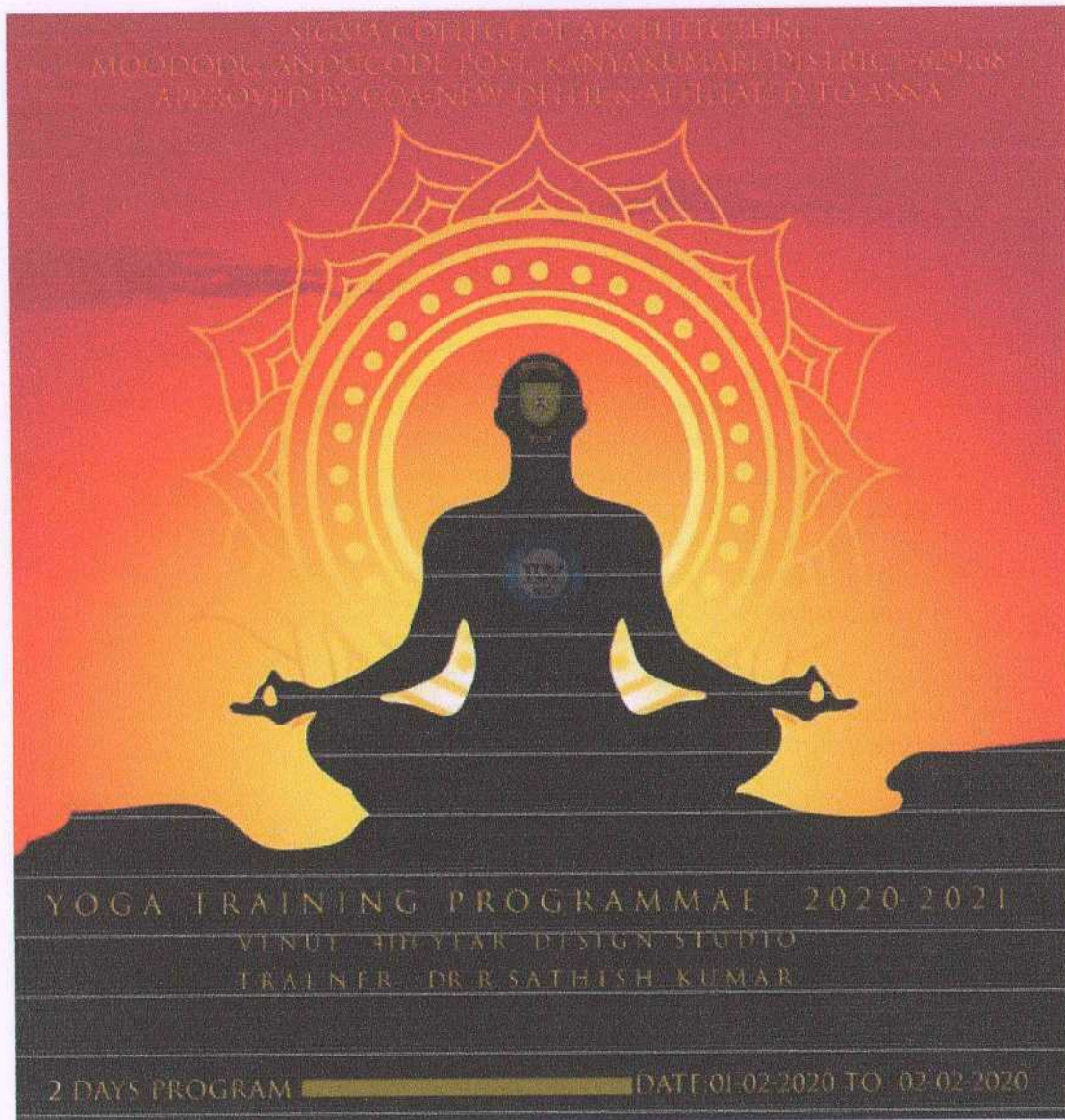


# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

**SICA**

## BROCHURE



**Prof. Ar. B. Naresh Kumar**  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

**PRINCIPAL**

**Ar. Indira Kollu**  
Principal

Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

6

**REPORT OF THE PROGRAM**

1	Program Name	YOGA TRAINING PROGRAM 2020-2021
2	Date of program duration	01-02-2020 & 02-02-2020
3	Resource person:	Dr.R.Sathish Kumar
4	Participants	63
5	Objective of program	<p>The main objective of the yoga training program is to practice of asans (yoga postures), pranayama (yoga breathing), mudra (body gestures) and shatkarma (internal cleansing). These physical practices are used to purify the body and cultivate prana (life force energy). The benefits of yoga are endless. The practicing yoga helps to build healthy virtues and good values such as discipline, honesty, devotion, selfinquiry, mindfulness, and non attachment. Yoga empowers you to make conscious choice towards living a healthier environment.</p> <p>Yoga <b>helps clear the mind</b>, which can give students a break from the constant social atmosphere of college. Practicing getting to a quiet mind space can make it easier to concentrate when reading, studying and sitting through lectures.</p>
6	Programme description	<p>For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, Sigma college of Architecture organized a physical exercise and yoga session for training students and staff which is mandatory for all the students and faculty members. It helps them to maintain harmony of body and spirit. It also increases attention span, improves memory and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness.</p> <p>Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved.</p> <p>A piece of yoga practices every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful. Yoga can empower in the following four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and Spiritual Empowerment. These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again</p>

Prof. Ar. B. Sathish Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

7

*[Handwritten signature]*



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

		<p>their sense of joy, spirit combination and communal kinship.</p> <p>The yoga instructor, Dr. R.Sathish Kumar M.Sc., MA(yoga), M.Ed., M.Phil., PhD took yoga session with great dedication. 63 students participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers.</p> <p>The HoD, Ar.Chinna Durai and staff in charges motivated the students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the students in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing</p>
8	Outcome of this program	<p>Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. <b>Demonstrate the ability to perform yoga movements in various combination and forms.</b> Understand and apply the knowledge of basic sequencing, and effective group management.</p>

Program Coordinator

Ar. Indira Kolli  
Principal

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Moododu, Anducode Post  
Kanyakumari District - 629 168

Principal

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



## GALLERY/GEO-TAGGED PHOTOS



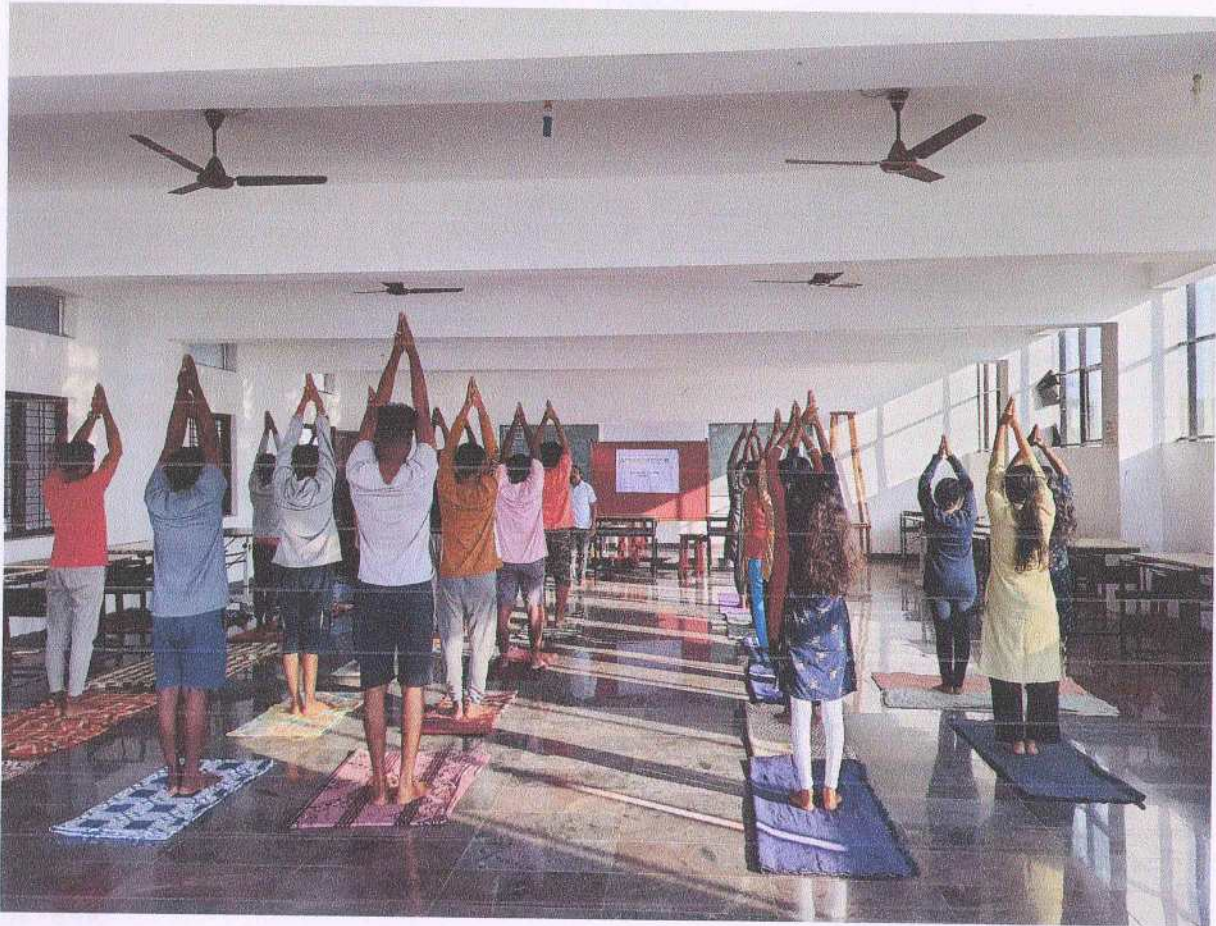
Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

9

*Naresh*



### GALLERY/GEO-TAGGED PHOTOS



**Prof. Ar. B. Naresh Kumar**  
**Principal**  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

(10)

*Handwritten signature*



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SIGA

## STUDENTS ATTENDANCE LIST

ACADEMIC YEAR	:	2020-2021
PROGRAMME	:	B.Arch

II<sup>nd</sup> YEAR

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963420251024	LEAH LALJI	
2.	963420251002	AISHWARYA . R	
3.	963420251005	ANNSHIYA . A.S.	
4.	963420251025	R.I. JIBINSHA	
5.	963420251038	SORNA VEENAA C.B	
6.	963420251034	R. RENUKA	
7.	963420251004	M. ALFINA	
8.	963420251011	D. Benin Rajo	
9.	963420251024	Murvinth & M.	
10.	963420251020	Jeyakumar . Y	
11.	963420251032	R. Rahul	
12.	963420251015	A. Elakuya Moory	
13.	963420251021	J.S. JANISHA.	
14.	963420251036.	S. SAVEETHA.	
15.	963420251026	MEGHA NAMBIAR . K.C	
16.	963420251010	Bala Murugan	
17.	963420251017	Godwin Mario	
18.	963420251006	Rahien Geo	
19.	963420251018	Hemisan Reshi	
20.	963420251003	Ajay . v	

## III YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963418251019	GRATIA ANTHE VAN	
2.	963418251030	MAGDALENE ALEXANDER	
3.	963418251022	Jabeena Keerthi B	
4.	963418251014	S. Buidny	
5.	963418251013	A. Benny	
6.	963418251026	Jithin . Jaba . J	
7.	963418251044	Shan . S	
8.	963418251047	S. Sujith	
9.	963418251035	Palm Subin R	
10.	963418251039	Rambhan . J	
11.	963418251002	Ajay	
12.	963418251025	Jessy	
13.	963418251033	Naina Krishnan	
14.	963418251028	Joyce Sweetline	
15.	963418251049	Vignesh Kumar	

963418251025

Prof. Ar. B. Naresh  
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Sigma College of Architecture  
Moododu, Near Kuzhithurai

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# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

**SICA**

16.	963418251086	Pradeesh	Pearl
17.	963418251007	Anisha	Anisha
18.	963418251001	Indulekha	Indulekha
19.	963418251029	Kaviselvam	R. Dhanu
20.	963418251037	Priscilla	Priscilla
21.	963418251087	John Joel	John
22.	963418251080	Bee Sheth	Bee Sheth
23.	963418251041	Selvia	Selvia
24.	963418251008	Anika	Anika
25.	963418251028	Joyce Sweetline	Joyce
26.	963418251025	Jessy John	Jessy John
27.	963418251009	Anju Sashyam	Anju Sashyam
28.	963418251002	Ajay Vijayan	Ajay Vijayan
29.			
30.			

## IV YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963417251015	Selma	P. Selma
2.	963417251005	AL-AMEEN	Al-Ameen
3.	963417251901	DEYA EZRA	Deya Ezra
4.			
5.			
6.			
7.			
8.			
9.			

## II<sup>nd</sup> YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963419251018	Balagopala CH	Balagopala
2.	963419251032	B. HARIHARA SUNDAR RAZAN	B. Hariharasundar Razan
3.	963419251005	Abyzen Ford N	Abyzen Ford N
4.	963419251026	R. DAMI JOAN FREADY	R. Dami Joan Freedy
5.	963419251047	Pri yadharan - D	Pri yadharan - D
6.	963419251043	K. Mohammod Abdul Riga	K. Mohammod Abdul Riga
7.	963419251014	A. ARUL PRAKASHI	A. Arul Prakash
8.	963419251046	M. PRAKASH	M. Prakash
9.	963419251041	MAFIALAKSHMI C. A. S.	Mafialakshmi

*S. Anand*  
Program Coordinator

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

(12)

*Omee*  
Principal  
Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District 629 168



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SICA

1<sup>st</sup> year:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.		Aanya S.R	Aanya
2.		Abishek M	Abishek
3.		Afija Dhya A.M	Afija
4.		Aioshal - A	Aioshal
5.		Arun Dharsan K.R	Arun
6.		Aysha Irtana J	Aysha
7.		Dharshini I.R	Dharshini
8.		ERICK Allan M	ERICK
9.		Gowri Shikha M.R	Gowri
10.		Heminon M	Heminon
11.		Jai Ganesh P	Jai
12.		Jero shekinah E	Jero

Program Coordinator

Principal

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

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**SIGMA COLLEGE OF ARCHITECTURE**  
Moododu, Anducode Post, Kanyakumari District-629168  
Approved by COA-New Delhi & Affiliated to Anna University-Chennai

**YOGA TRAINING PROGRAM 2021-2022**

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Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

**SICA**

From the desk of Principal

Ref: SICA/CIR/97A/SKILL.DEV01/2021

Date: 26/12/2021

## CIRCULAR

This is to inform all students that a two day yoga training program is to be organized by B.Arch department of our institution from 29-12-2021 to 30-12-2021 the training given by international yoga teacher Dr.R.Sathish Kumar. The following students are assigned as representatives for the programme. The representatives are requested to attend the meeting on 27/12/2021 at 10 a.m with the convener [Ar. Chinnadurai/ HoD] of the programme at HoD's cabin.

## SCHEDULE

DATE	TIME	SESSION I	SESSION II
29-12-2021	7:30am-9am	II YEAR	I YEAR
30-12-2021	7:30am-9am	III YEAR	IV YEAR

Venue: 3<sup>rd</sup> year Design Studio

Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

Staff – Incharges	Student Representatives
Ar.Ajila (AP/BArch)	1. Kavi Selvam , IV B.Arch 2. Anju Sathyan , IV B.Arch
Ar.Jithin (AP/BArch)	1. J.Jenisha Varshini, III B.Arch 2. Aswin Scaria Shaji, III B.Arch
Ar.Ashika (AP/BArch)	1. Aiswarya, II B.Arch 2. Bharath , II B.Arch
Ar.Bishore (AP/BArch)	1. Abhishek, I B.Arch 2. Varun , I B.Arch

*[Handwritten signature]*

**Principal**

Copy to:

1. Notice Board
2. Office
3. HOD
4. Director (Admin)
5. Principal
6. Chairman

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

*[Handwritten mark]*

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

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# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## YOGA TRAINING PROGRAMME

Date: 27/12/2021

### MEMBERS PRESENT:

Staff - Incharges	Student Representatives
Ar.Chinnadurai (HOD) - Convener	
Ar.Ashika (AP/BArch)	1. Kavi Selvam , IV B.Arch 2. Anju Sathyan , IV B.Arch
Ar.Ajila (AP/BArch)	1. J.Jenisha Varshini, III B.Arch 2. Aswin Scaria Shaji, III B.Arch
Ar.Jithin (AP/BArch)	1. Aiswarya, II B.Arch 2. Bharath , II B.Arch
Ar.Bishore(AP/BArch)	1. Abhishek, I B.Arch 2. Varun , I B.Arch

### MINUTES OF MEETING

#### The following points were discussed:

- The convener of the programme, Ar. Chinnadurai [HoD] insisted about the program "Basic of yoga" & "Benefits of practicing yoga" which is going to be conducted from 29-12-2021 to 30-12-2021.
- The program agenda was discussed by all staff members present
- The program venue & timing of session were discussed
  - Venue :- 3<sup>rd</sup> year Design Studio
  - Time :- Session 1- 7:30 am to 9am , session 2- 7:30 am to 9am

### SCHEDULE

DATE	TIME	SESSION I	SESSION II
29-12-2021	7:30am-9am	II YEAR	I YEAR
30-12-2021	7:30am-9am	III YEAR	IV YEAR

- The program agenda was discussed by all staff members present.
- The committee members decided for organizing program. The following works are allotted for the faculty members and student representatives to make the programme a grand success.

②  
Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

*[Handwritten signature]*



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

# SIGA

Works allotted	Staff - Incharges	Student Representatives
Discipline	Ar.Ashika (AP/BArch]	1. Kavi Selvam , IV B.Arch 2. Anju Sathyan , IV B.Arch
Circular, Brochure, Photo & Report	Ar.Ajila (AP/BArch)	1. J.Jenisha Varshini, III B.Arch 2. Aswin Scaria Shaji, III B.Arch
Chief Guest - Hospitality	Ar.Jithin (AP/BArch)	1. Aiswarya, II B.Arch 2. Bharath , II B.Arch
Session wise programme arrangement	Ar.Bishore(AP/BArch)	1. Abhishek, I B.Arch 2. Varun , I B.Arch

- All students are requested to represent all the activities of the program.
- Students are advised to maintain discipline inside the Training Hall.

CONVENOR

PRINCIPAL

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SIGA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## INVITATION LETTER

To,  
The Trainer,  
Dr.R.Sathish Kumar,  
Head Master, St. Aloysius HSS  
Marthandanthurai  
Date: 10/11 / 2021

From,  
The HOD,  
Ar.Chinna Durai,  
Sigma College Of Architecture  
Moododu, Anducode Post,  
Kuzhithurai

Subject: Invitation for yoga session

Dear Dr.R.Sathish Kumar,

Hope this letter finds you in good health.

Your expertise in yoga is known well in the city. You are a true icon for the present generation. The way you explain the importance of yoga and the way you practice in an easy and smooth manner is commendable. Therefore, on behalf of all the college staff I would like to invite you to college for a yoga session for students.

Your presence would be inspiring and grateful for all the members. We would be able to practice yoga with a busy schedule which would eventually help us in leading a good life.

Kindly let know if you are free between 26-12-2021 and 30-12-2021, so that we can fix date according to your preference. Please feel to communicate through the contact details: +91-9445536236

If you have any other dates or any other requirements, please let us know in advance.

I hope to hear from you soon.  
Thanking you in advance.

Yours Faithfully,

Ar.Chinna Durai,  
+91-9445536236

5  
Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

**SICA**

## BROCHURE

SIGMA COLLEGE OF ARCHITECTURE  
MOODODU ANDUCODE POST, KANYAKUMARI DISTRICT-629468  
APPROVED BY COA NEW DELHI & AFFILIATED TO ANNA

YOGA TRAINING PROGRAMMAI 2021-2022  
VENUE 3RD YEAR DESIGN STUDIO  
TRAINER DR.R.SATHISH KUMAR

2 DAYS PROGRAM DATE 29-12-2021 TO 30-12-2021

Ar. Indira Kolli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629468

PRINCIPAL

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai



## REPORT OF THE PROGRAM

1	Program Name	YOGA TRAINING PROGRAM 2020-2021
2	Date of program duration	29-12-2021 & 30-12-2021
3	Resource person:	Dr.R.Sathish Kumar
4	Participants	66
5	Objective of program	<p>The main objective of the yoga training program is to practice of asans (yoga postures), pranayama (yoga breathing), mudra (body gestures) and shatkarma (internal cleansing). These physical practices are used to purify the body and cultivate prana ( life force energy). The benefits of yoga are endless. The practicing yoga helps to build healthy virtues and good values such as discipline, honesty, devotion, selfinquiry ,mindfulness, and non attachment. Yoga empowers you to make conscious choice towards living a healthier environment.</p> <p>Yoga <b>helps clear the mind</b>, which can give students a break from the constant social atmosphere of college. Practicing getting to a quiet mind space can make it easier to concentrate when reading, studying and sitting through lectures.</p>
6	Programme description	<p>For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, Sigma college of Architecture organized a physical exercise and yoga session for training students and staff which is mandatory for all the students and faculty members. It helps them to maintain harmony of body and spirit. It also increases attention span, improves memory and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness.</p> <p>Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved.</p> <p>A piece of yoga practices every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful. Yoga can empower in the following four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and</p>

Prof. Dr. S. Sathish Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithal

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# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District


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	<p>Spiritual Empowerment. These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again their sense of joy, spirit combination and communal kinship.</p> <p>The yoga instructor, Dr. R.Sathish Kumar M.Sc., MA(yoga), M.Ed., M.Phil., PhD took yoga session with great dedication. 70 students participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers.</p> <p>The HoD, Ar.Chinna Durai and staff in charges motivated the students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the students in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing</p>
8	<p><b>Outcome of this program</b></p> <p>Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. <b>Demonstrate the ability to perform yoga movements in various combination and forms.</b> Understand and apply the knowledge of basic sequencing, and effective group management.</p>

  
Program Coordinator

  
Principal

  
Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

  
Ar. Indira Koli  
Principal  
Sigma College of Architecture (SICA)  
Moododu, Anducode Post  
Kanyakumari District - 629 168



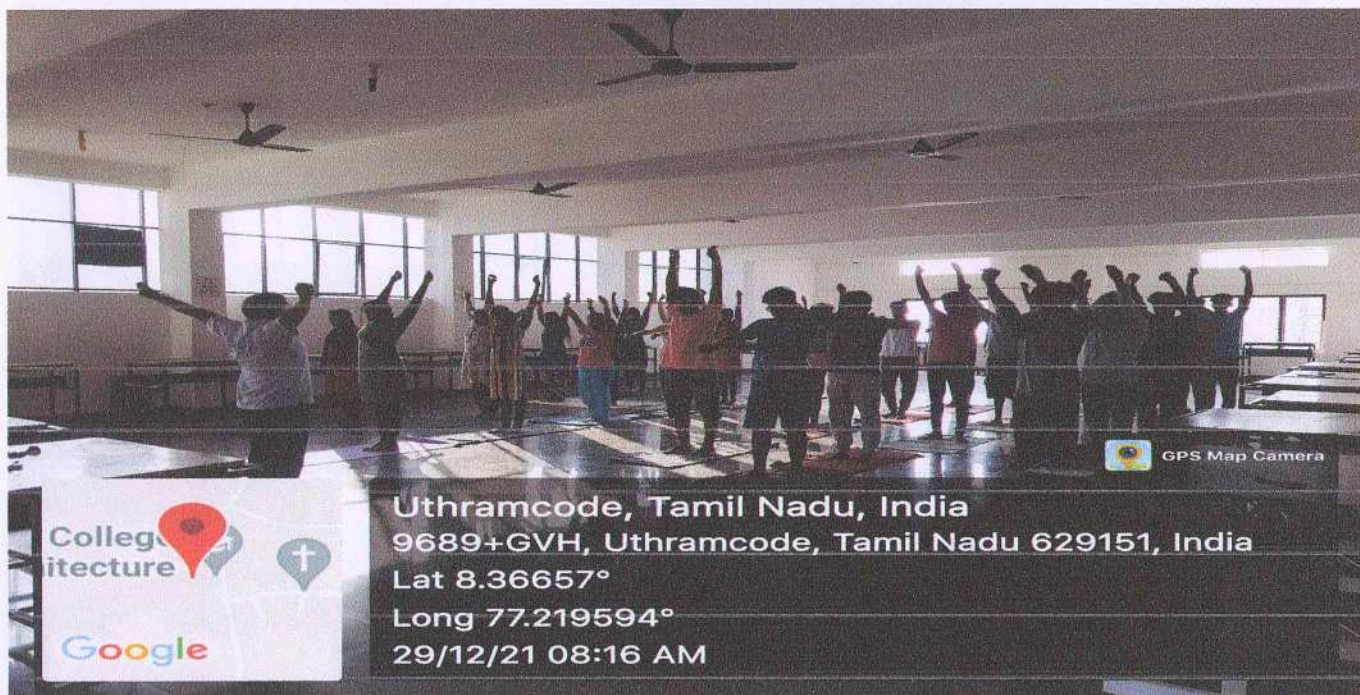


# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

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## GALLERY/GEO-TAGGED PHOTOS



Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Neoguzhithurai

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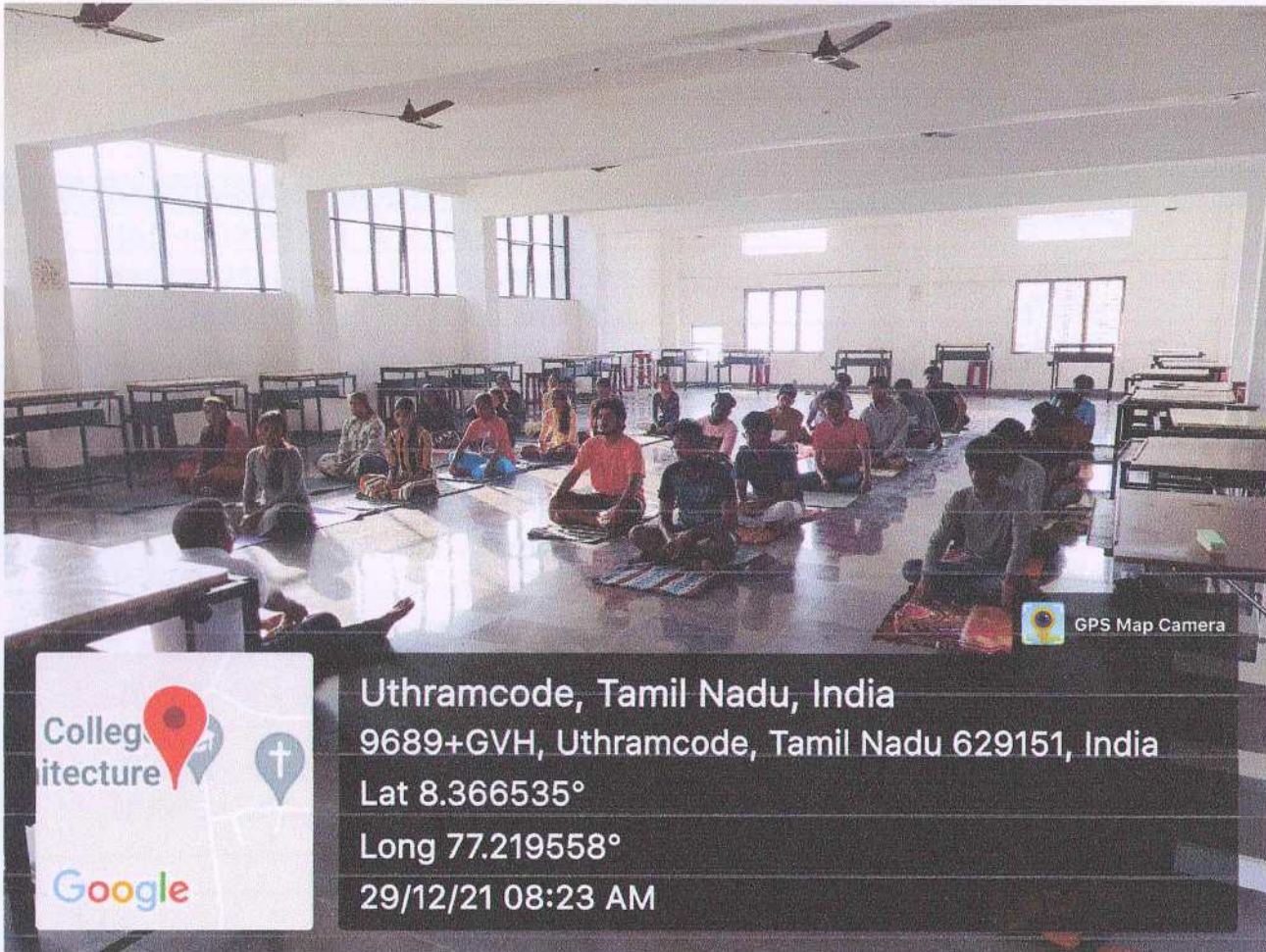


# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District



## GALLERY/GEO-TAGGED PHOTOS



GPS Map Camera



Uthramcode, Tamil Nadu, India  
9689+GVH, Uthramcode, Tamil Nadu 629151, India  
Lat 8.366535°  
Long 77.219558°  
29/12/21 08:23 AM

Prof. Ar. B. Naresh Kumar  
Principal  
Sigma College of Architecture  
Moododu, Near Kuzhithurai

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# SIGMA COLLEGE OF ARCHITECTURE

Moododu, Anducode Post, Kanyakumari District

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## STUDENTS ATTENDANCE LIST

ACADEMIC YEAR	:	2021-2022
PROGRAMME	:	B.ARCH

### II nd YEAR

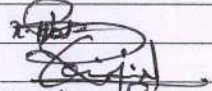


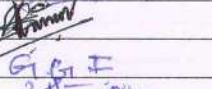
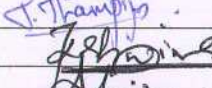
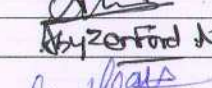
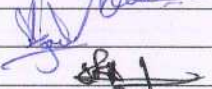
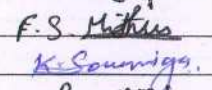
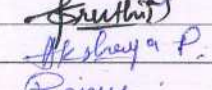
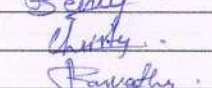
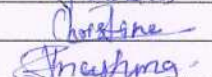
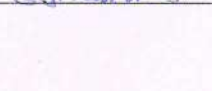
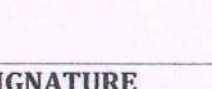
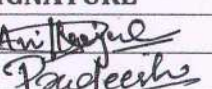
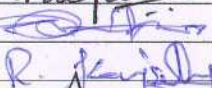
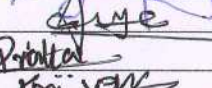
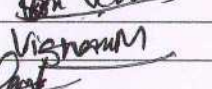
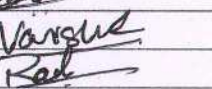
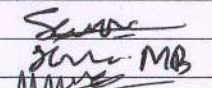
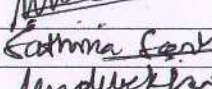
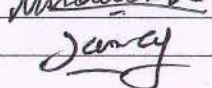
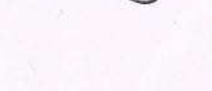

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963420251024	LEAH LAJI	
2.	963420251036	S. Savertha	
3.	963420251021	J. S. Janisha	
4.	963420251015	A. Elakiya	
5.	963420251004	M. Alfiya	
6.	963420251025	R. L. Libinsha	
7.	963420251038	SORNA VEENAA C.B	
8.	963420251034	R. Renuka	
9.	963420251026	Megha Nambiar K.C.	
10.	963420251005	Annsiya	
11.	963420251002	AISHWARYA R	
12.	963420251010	N. Bala Murugan	
13.	963420251003	V. AJAY	
14.	963420251022	S. B. Sijo Sam	
15.	963420251040	M. Vijay	
16.	963420251031	Prishin Dabab-J	
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### III YEAR:

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963419251015	T. ARUN JOSE	
2.	963419251047	Prayadharanham ID	
3.	963419251032	B. Harisharan Sundar Rajan	
4.	963419251019	Deanthir Teenu	
5.	963419251038	JITIN	

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6.	963419251004	I. Abishch	
7.	963419251050	RIJIN VARGHESE	
8.	963419251011	ANU MOL	
9.	963419251027	Dhrisya D.S.	
10.	963419251013	Arsha.S.	
11.	963419251034	IERIN RAI	
12.	963419251002	Abi Alex	
13.	963419251001	ABHIRAM J	
14.	963419251030	Gr Graciana Felixia	
15.	963419251058	P. Thompson	
16.	963419251016	ASWIN SCARIA SHAJI	
17.	963419251017	ASWIN SJO.S	
18.	963419251005	Abyzen Ford.N	
19.	963419251012	Balagoppala CK	
20.	963419251008	Alen Sajeev	
21.	963419251039	Joni Kishore Anthony.S	
22.	963419251042	F.S. Mithun	
23.	963419251054	K. Sowmiya	
24.	963419251056	SKUTHITS	
25.	963419251007	Akshaya.P	
26.	963419251020	Bency E	
27.	963419251024	Christy	
28.	963419251033	Jayapavathy	
29.	963419251023	CHRISTINA CHANDAR	
30.	963419251012	Anushma	

#### IV YEAR

S.NO.	REGISTER NUMBER	NAME OF THE STUDENT	SIGNATURE
1.	963418251008	Anitta Rajan	Anitta Rajan
2.	963418251036	Poojeshu	Poojeshu
3.	963418251050	Vignesh Krishnan Dh	Vignesh Krishnan Dh
4.	963418251029	R. Rajesh	R. Rajesh
5.	963418251028	Joyce Sweetline	Joyce
6.	963418251037	Pritha J	Pritha
7.	963418251046	A Sri Venkatesh A	A Sri Venkatesh A
8.	963418251050	Vignesh Krishnan AK	Vignesh
9.	963418251049	Vignesh SV	Vignesh
10.	963418251048	Vaishak vikraman	Vaishak
11.	963418251038	Raghu R4	Raghu
12.	963418251040	SAJU A	Saju
13.	963418251043	SHAN MB	SHAN MB
14.	963418251047	Sujith S	Sujith S
15.	963418251018	Fathima Fathima	Fathima Fathima
16.	963418251021	Indulekha S	Indulekha S
17.	963418251023	Jancy S	Jancy

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18.	963418251037	Muthu VYSHAK S	Muthu VYSHAK S
19.	963418251033	Naina Krishnan	Naina Krishnan
20.	963418251035	PAUL SUBIN R	PAUL SUBIN R
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Muthu