



GENERAL REQUEST FORMAT FOR PROGRAMS and EVENTS

From,

Date: 16.06.22

...COORDINATOR
...IQAC
...GEMS COLLEGE.....

To,

The Principal
GEMS Arts and Science College,
Ramapuram, Malappuram, 679321

Sl No	Name of Department	Name of the Program	Date	Time	
				From	To
1.	IQAC	Trad chairman's lecture series.	21-06-22	3.45 PM	5.00 PM

Venue: Google meet (Online)

Resource person (if any): Dr. Shashi Bala Singh, Director, NIPER, Hyderabad

Associating Clubs/Departments (if any):

Sanctioning Details:

Approved Not Approved


Signature

Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321

COORDINATOR Seal
INTERNAL QUALITY ASSURANCE CELL (IQAC)
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM P.O., RAMAPURAM
MALAPPURAM DT., KERALA-679 321

Note: 1. Brochure shall be displayed/circulated in the college notice board.
2. Program Report shall be submitted within 5 days.



INTERNAL QUALITY ASSURANCE CELL (IQAC) GEMS ARTS & SCIENCE COLLEGE

Affiliated to University of Calicut

Registration No : KL/2019/0242803 (NGO -DARPAN) NITI AAYOG, GOVERNMENT OF INDIA

Recognised by UGC under 2 (f) of UGC Act 1956.

An ISO 9001:2015 Certified Institution

Circular No: IQAC/GEN/22-23/003

Date: 17.06.2022

CIRCULAR

This is to inform you about the upcoming Second Chairman's Lecture Series which is an IQAC initiative. The program will be online through Google meet.

Looking forward to your participation.

Program Details:

- **Date and Time** : 21.06.2022, 3.45 pm – 4.45 pm
- **Resource Person** : **Dr. Shashi Bala singh, Director, National Institute of Pharmaceutical Education & Research (Ministry of Chemicals and Fertilizers), Govt. of India, Hyderabad, Telegana**
- **Topic** : **'Scientific Insights in Yoga'**


COORDINATOR
INTERNAL QUALITY ASSURANCE CELL (IQAC)
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM P.O., RAMAPURAM
MALAPPURAM DT., KERALA-679 321

SECOND CHAIRMAN'S LECTURE SERIES



IN ASSOCIATION WITH IQAC

GUEST SPEAKER



Honourable chairman

SHRI. MANJALAMKUZHI ALI MLA



21st JUNE, 2022

03.45 PM

VIA GOOGLE MEET



Dr. Shashi Bala Singh

Director

National Institute of Pharmaceutical
Education & Research
(Ministry of Chemicals & Fertilizers)

Govt of India

Hyderabad, Telegana

TOPIC: "SCIENTIFIC INSIGHTS IN YOGA"

GEMS ARTS & SCIENCE COLLEGE, RAMAPURAM, MALAPPURAM, KERALA
(AFFILIATED TO UNIVERSITY OF CALICUT)

COORDINATOR
INTERNAL QUALITY ASSURANCE CELL (IQAC)
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM P.O., RAMAPURAM
MALAPPURAM DT., KERALA-679 321

Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321



GEMS ARTS AND SCIENCE COLLEGE
(A Unit of Global Education and Management Studies Co-operative Ltd., No.M.782)
(Affiliated to University of Calicut)

SCIENTIFIC INSIGHTS IN YOGA

Date: 21.06.2022

Time: 3.45 PM

Venue: Google Meet

Program Schedule

Welcome Address:

Dr. Naveen Mohan
Principal,
GEMS Arts and Science College


Resource Person:

Dr. Shashi Bala Singh,
Director,
National Institute of Pharmaceutical Education And Research,
Hyderabad.

Vote of Thanks :

Dr. Finose A
IQAC Coordinator
GEMS Arts and Science College





Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321

PROGRAM REPORT
SCIENTIFIC INSIGHTS IN YOGA

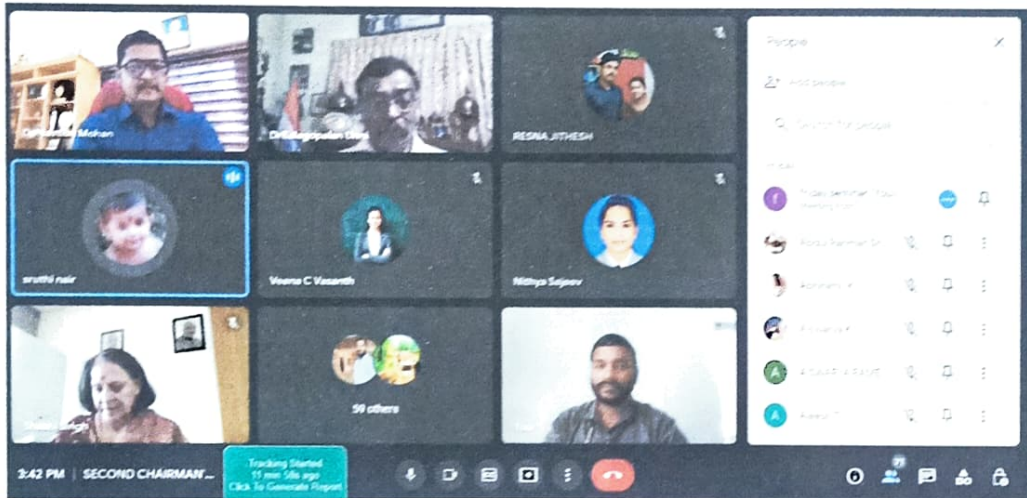
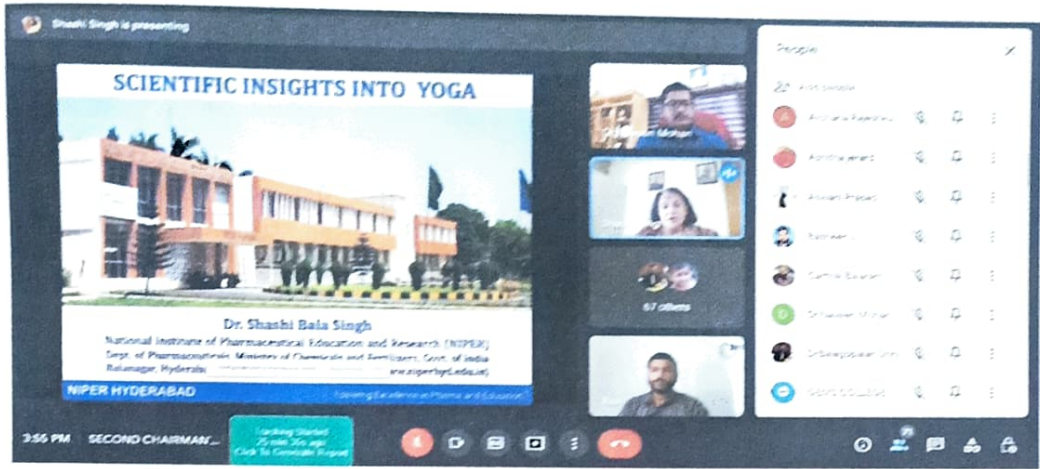
21.06.2022

The speaker of the 2nd Chairman's Lecture series was Dr. Shashi Bala Singh, Director, NIPER, Hyderabad. Dr. Shashi Bala Singh's research activities were explained briefly and she explained that scientific insights into yoga can provide evidence-based support for its effectiveness as a holistic practice for physical and mental well-being. While more research is still needed to fully understand the mechanisms involved, the existing scientific evidence underscores the potential of yoga as a valuable tool for promoting health, enhancing brain function, and fostering mind-body harmony. Around 75 participants were there.




Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321

Photographs




Dr. NAVEEN MOLIAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PG), RAMAPURAM
MALAPPURAM DT., KERALA-679 321

Google Meet Attendance Tracking Report

Meeting Name: kne-xvrn-rae

Date: 21-Jun-2022


Download as pdf

Attendance Tracking Started At : 3:30:23 PM
Attendance Tracking Stopped At : 4:35:34 PM
Total Number of people Attended : 75
Total Meeting Duration : 1 hr 5 min 11s

Detailed Attendance Report

 Apply filter

Number Of People Attended More Than 65% Of Meeting: 67

Number Of People Attended Less Than 65% Of Meeting: 8

S.No	Participant Name	Attended Duration	Attended Percentage
1	ABDUL RAHMAN SHARAFI	55 min 32s	86%
2	ABHIRAMI. K	1 hr 0 min 11s	93%
3	AISWARYA K	53 min 48s	83%
4	AISWARYA RAMESH	59 min 38s	92%
5	AJEESH T	1 hr 2 min 43s	97%
6	AKSHARAKOOTT SMITHA	56 min 53s	88%
7	ANASP ANU ANAS	1 hr 3 min 56s	99%
8	ANEESH KUMAR C KUMAR	57 min 33s	89%
9	ANOOS BABU P K	59 min 38s	92%
10	ARCHANA RAJESHKUMAR	1 hr 3 min 58s	99%
11	ASHITHA JERARD	56 min 47s	88%
12	ASWANI PRASAD	41 min 13s	64%
13	BASHEER U	59 min 46s	92%
14	CARTHIK BALARAM	57 min 29s	89%
15	DR.NAVEEN MOHAN	1 hr 3 min 56s	99%
16	DRBALAGOPALAN UNNI	1 hr 3 min 52s	98%

<https://meet-attendance-report.com/app/attendance-report.html>

COORDINATOR
INTERNAL QUALITY ASSURANCE CELL (IQAC)
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM P.O., RAMAPURAM
MALAPPURAM DT., KERALA-679 321



DR. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (P.O.), RAMAPURAM
MALAPPURAM DT., KERALA

17	FRIDAY SEMINAR	1 hr 3 min 57s	99%
18	GEMS COLLEGE	1 hr 3 min 31s	98%
19	GEMS RAMAPURAM	52 min 25s	81%
20	HARITHA BABURAJ	53 min 29s	83%
21	HASHIF PARAMPATT	15 min 21s	24%
22	IRSHAD A	53 min 48s	83%
23	IRSHAD P	58 min 49s	91%
24	JAYASREE SAJITH	1 min 55s	3%
25	JUNAID V	56 min 35s	87%
26	K HARI	1 hr 2 min 51s	97%
27	KAVYA B KRISHNAN	1 hr 0 min 46s	94%
28	KRISHNA PRIYA M T	53 min 18s	82%
29	M ALIK	57 min 1s	88%
30	MIDHUN K	58 min 18s	90%
31	MOHAMED ASHREF	52 min 10s	81%
32	MOHAMMED ASGAR	28 min 35s	44%
33	MUFEEF ALI.K MUFEEF ALI.K	57 min 1s	88%
34	MUHAMMED BINSHAD	59 min 38s	92%
35	NASIYA.K.P NASI	38 min 45s	60%
36	NAYANA P	1 hr 3 min 5s	97%
37	NINSHA V UNNIKRISHNAN	56 min 23s	87%
38	NITHYA SAJEEV	1 hr 0 min 16s	93%
39	NIYAF RAMAPURAM	55 min 33s	86%
40	RADHIKA SUDHI	59 min 22s	92%
41	RAGHU DAMODARAN	1 hr 0 min 43s	94%
42	RAHMA HAMZA	57 min 1s	88%

<https://meet-external.zoom.us/j/91799554805?pwd=MTZkdzRlRGZlY2p3ZjRlY1ZldzYzdz09>
 COORDINATOR
 INTERNAL QUALITY ASSURANCE CELL (IQAC)
 GEMS ARTS AND SCIENCE COLLEGE
 KADUNGAPURAM P.O., RAMAPURAM
 MALAPPURAM DT., KERALA-679 321



Dr. NAVEEN MOHAN
 PRINCIPAL
 GEMS ARTS AND SCIENCE COLLEGE
 KADUNGAPURAM (P.O.), RAMAPURAM
 MALAPPURAM DT., KERALA-679 321

43	RAMEES MOHAMMED	56 min 18s	87%
44	RANJU ARUN	1 hr 2 min 34s	96%
45	RESNA JITHESH	1 hr 1 min 6s	94%
46	ROSHNI PK ACHUTHAN	59 min 28s	92%
47	RUXSANA P M	57 min 20s	88%
48	SANDEEPAN K M	1 min 22s	3%
49	SARITHA MAHESH	55 min 28s	86%
50	SEETHAL P	57 min 48s	89%
51	SHABEER ATHIKKAVIL	57 min 35s	89%
52	SHAHEEN VP	1 hr 2 min 28s	96%
53	SHAMEEMA M	1 hr 1 min 27s	95%
54	SHAMMAS K	45 min 14s	70%
55	SHANA	55 min 27s	86%
56	SHASHI SINGH	58 min 38s	90%
57	SHIBA SHAMSUDHEENCK	55 min 2s	85%
58	SHIJILA MV	1 hr 2 min 4s	96%
59	SHYJU MK	56 min 24s	87%
60	SIJI K	59 min 28s	92%
61	SIVAKUMAR K	58 min 46s	91%
62	SOUMYA PS	1 hr 0 min 14s	93%
63	SREEJILA MIDHUN	57 min 37s	89%
64	SREEKALA A	57 min 37s	89%
65	SRUTHI NADH	42 min 10s	65%
66	SRUTHI NAIR	1 hr 0 min 52s	94%
67	SUBEESH PALLIPPURAM C	22 min 14s	35%
68	SWATHI KG	53 min 17s	82%

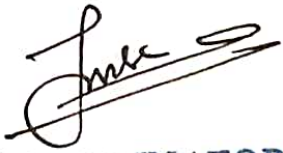
<https://meet-attend.com/193461/web-379/attendance-report.html>

COORDINATOR
INTERNAL QUALITY ASSURANCE CELL (IQAC)
GEMS ARTS AND SCIENCE COLLEGE
 KADUNGAPURAM P.O., RAMAPURAM
 MALAPPURAM DT., KERALA-679 321



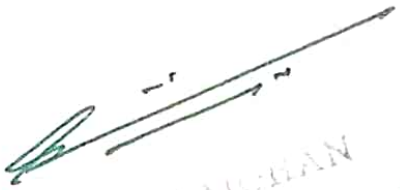
Dr. NAVEEN MOHAN
 PRINCIPAL
 GEMS ARTS AND SCIENCE COLLEGE
 KADUNGAPURAM (P.O.), RAMAPURAM
 MALAPPURAM DT., KERALA-679 321

69	THASREEF RAIHANA	59 min 27s	92%
70	VAISHNA SUNIL K K	59 min 28s	92%
71	VARSHA VINU	56 min 20s	87%
72	VEENA C VASANTH	54 min 48s	85%
73	VIDYA KOTTARATHIL	58 min 8s	90%
74	VJ_VIJAYESH	53 min 50s	83%
75	WELLNESS WORLD	1 hr 1 min 31s	95%



COORDINATOR

INTERNAL QUALITY ASSURANCE CELL (IQAC)
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM P.O., RAMAPURAM
MALAPPURAM DT., KERALA-679 321

Dr. N. A. LEN MURHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO) RAMAPURAM
MALAPPURAM DT., KERALA-679 321