

SL NO	Dates of the counselling sessions	Gender of the client	Problems/Chief complaint of the client	
1.	3.07.18	F.	Problem with relationship	
2.	10.07.18	M	Love break up	
3.	13.07.18	M	Absenteeism	
4.	20.07.18	M	Absenteeism	Followup
5.	03.08.18	F	Depression	
6.	24.08.18	M	Depression	
7.	29.08.18	M	Loneliness	
8.	07.09.18	M	Loneliness	Follow-up
9.	19.09.18	M	Absenteeism	Follow-up
10.	18.01.18	F	Problem with relationship	Follow-up
11.	23.01.19	M	Substance abuse	
12.	13.02.19	M	Substance abuse	Follow-up
13.	19.02.19	M	Loneliness	Follow-up
14.	06.03.19	F	Love break up	
15.	13.03.19	M	Substance abuse	Follow-up
16.	16.03.19	M	Substance abuse	Follow-up
17.	22.03.19	F	Love break-up	Follow-up

Pradhan

Mr. Madhura. M.R

Convener

Counselling & Grievance

Redressal Cell

N.M.C, Sullia.

M. Madhura

P. S. C.

PRINCIPAL

NEHRU MEMORIAL COLLEGE

SULLIA, D.K. - 574 327

SULLIA D. K. 574 327

15.13

Department of Mathematics Remedial / Tutorial Class VI (A)

Attendance
14/12 15/12 16/12 17/12 18/12 19/12 20/12 21/12 22/12 23/12 24/12 25/12 26/12 27/12 28/12 29/12 30/12 31/12 05/01

Roll No. Sem	Name	1	2	3	4	5	6	7	8	9	10	11	12
	Navaneetha												
V Sem	Dhanusha	1	2	3	4	5	6	7	8	9	10	11	
	Yashvein	1	2	3	4	5	6	7	8	9	10	11	
	Bhagyalarani	1	2	3	4	5	6	7	8	9	10	11	
	Wed Fri	+	2	3									
	Shrikanth	1	2	3	4	5	6	7	8	9	10	11	12
III sem	Chithra DN	1	2	3	4	5	6	7	8	9	10	11	12
	Kisan	1	2	3	4	5	6	7	8	9	10	11	12
	Wed Thu												
	Deepkitha	1	2	3	4	5	6	7	8	9	10	11	
I sem	Nischitha	1	2	3	4	5	6	7	8	9	10	11	
	Sneha Chandran		1	2	3	4	5	6	7	8	9	10	11

Usha Pillai

PRINCIPAL
NEHRU MEMORIAL COLLEGE
SULLOYA K 574 327
Usha Pillai

USHA - M

Director, Mathematics



K. V. G. MEDICAL COLLEGE & HOSPITAL

KURUNJIBAG - 574 327, SULLIA, D. K.,
KARNATAKA, INDIA

STD Code : 08257
Principal : 23440
Office : 23260
Hospital : 23031
Fax : 23340

SPONSORED BY ACADEMY OF LIBERAL EDUCATION (REGD.) SULLIA

E-mail : kvgmedc@yahoo.com

website : www.kvgmedcollege.org

Dr. SATYAVATHI K.
MBBS, MD
DEAN

Ref. No.413/2019/KVGMC

16.03.2019

To

The Principal
Nehru Memorial College
Kurunjibhag, Sullia.

Dear Sir,

Sub : Deputation of Counsellor - reg.

Ref : Your office letter Ref.No. NMC/SI-8/T-26/18-19 dated 21.02.2019

With reference to the above cited subject, as per the direction of Management, we are deputing Ms. Namratha, Psychologist, K.V.G Medical College, Sullia for student Counselling as per your request on weekly basis (i.e. Wednesday time can be fixed by you).

This is for your kind information.

Thanking You

Yours faithfully

Satyavathi K.
DEAN 16/3/19
Dean

Copy to:

1. Dr. K.V. Chidananda, Medical Director, KVGMC & H.
2. Mrs. Shobha Chidananda, Treasurer, AOLE.
3. Dr. Aishwarya K C, Director KVGMC& H.
4. Sri. Akshay K.C., Director, AOLE.
5. The Administrator, KVGMC&H.
6. The Finance Officer, KVGMC&H.
7. Prof.& HOD of Psychiatry, KVGMC&H.
8. Ms. Namratha, Psychologist, KVGMC& H.
9. Office File.

K.V.G. Medical College and Hospital
Kurunjibhag - 574 327, Sullia, D. K.

copy
to
Mrs. Shobha me
14/3/19

Principal
PRINCIPAL
NEHRU MEMORIAL COLLEGE
SULLIA, D.K. - 574 327

2018-19

COUNSELLING CELL

Date / / 20

SL NO	Dates of the counselling sessions	Gender of the client	Problems/Chief complaint of the client	
1.	3.07.18	F.	Problem with relationship	
2.	10.07.18	M	Love break up	
3.	13.07.18	M	Absenteeism	
4.	20.07.18	M	Absenteeism	Followup
5.	03.08.18	F	Depression	
6.	24.08.18	M	Depression	
7.	29.08.18	M	Loneliness	
8.	07.09.18	M	Loneliness	Follow-up
9.	19.09.18	M	Absenteeism	Follow-up
10.	18.01.18	F	Problem with relationship	Follow-up
11.	23.01.19	M	Substance abuse	
12.	13.02.19	M	Substance Abuse	Follow-up
13.	19.02.19	M	Loneliness	Follow-up
14.	06.03.19	F	Love break up	
15.	13.03.19	M	Substance abuse	Followup
16.	16.03.19	M	Substance Abuse	Follow-up
17.	22.03.19	F	Love break up	Follow-up

Pradhan

Mr. Madhura M.R

Davener

Counselling & Grievance
Redressal Cell

N.M.C, Sullia.

P. S.

PRINCIPAL
NEHRU MEMORIAL COLLEGE
SULLIA, D.K. - 574 327

Date : 17/7/19

Organized group counselling to all the students.

(Bachuan
(Madhura M.R)

Date : 31/7/19

Duration: 10.30Am to 4Pm
05 students have attended counselling session today.

New clients - 5

Dr. J. Anand
Psychologist
K.V.G.M.C.H. Sullia

Namratha K.B.
[Namratha K.B]
Psychologist
K.V.G.M.C.H. Sullia

Date: 14/8/19

Duration: 10am to 1:50pm.

No. of clients: 03

Followups - 03

New - 0

Namratha K.B.
Psychologist
K.V.G.M.C.H. Sullia

Date: 21/8/19

Duration: 10:30 to 2:00

No of clients: 3

Followups: 3

New: 0

~~21/8~~

Namratha. K.B.

Psychologist

K.V.G.M.H. Sullia.

Date: 22/8/19

Duration: 10:50 to 3:30

No. of clients: 5

Follow up: 2

New: 3

~~22/8~~

Namratha. K.B.

Psychologist

K.V.G.M.H. Sullia.

Date: 4/9/19

Duration: 10AM to 1PM

No. of clients: 3

Follow up: 0

New: 3

~~4/9~~

Namratha.

Psychologist

K.V.G.M.H. Sullia.

Date: 11/9/19

Duration: 10 am to 1 pm

No. of clients: 1

Followup: 0

New: 1

[Signature]

Narasathya K.B

Psychologist

KVAMCH Sullva.

8/1/2020

Duration: 10:30 am to 1 PM

No. of clients: 02

Followup: 00

New: 4

[Signature]

Narasathya

Psychologist

KVAMCH Sullva.

22/1/2020

Duration: 10:30 to 11:30

No clients

[Signature]

29/1/2020

Duration: 10.30 to 11.30

No clients

~~out~~

5/2/2020

Duration - 10.30 to 11.30

No clients

~~out~~

12/2/2020

Duration: 10.30 to 11.30

No clients.

~~out~~

19/2/2020

Durations: 10.00 to 1

No. of clients: 03

Followups : 0

New : 3

~~out~~

4. / 3 / 2020

No. of clients : 5
Follow up : 2
New : 3
(Total 7)

(12)

F. S. S.
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SULLIA, D.K. - 574 327



NEHRU MEMORIAL COLLEGE

KURUNJIBAG, SULLIA, D. K. - 574 327
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MINUTE BOOK

Department / Committee / Association :

Agenda

Place : Audio-Visual Room

Date : 03/07/2019

Time :

- + Identification of needy students through mentors.
- + Group counselling as a preventive measure to control grievances.

Members Present

Sl. No.	Name	Signature
1.	Mrs. Madhura. M.R	
2.	Ms. Rudeekumar. M.M	
3.	Ms. Manatha. K	
4.	Mrs. Divyashree	

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NEHRU MEMORIAL COLLEGE
SULLIA, D.K. - 574 327

Minutes of the meeting

He have discussed the counselling started from 31-7-2019. Totally 20 students were get benefited from the counsellor up to 11-9-2019. (I, III, V Semester)

As per the opinion of the mentors, the behaviour of the students those who availed the counselling service found to be improved.

It was decided to continue the counselling service for the even semester also (II, IV, VI semester)



NEHRU MEMORIAL COLLEGE

KURUNJIBAG, SULLIA, D. K.- 574 327
Accredited at 'A' Grade with 3.06 C.G.P.A by NAAC

MINUTE BOOK

Department / Committee / Association :

Agenda

Place : Audio Visual Room
Date : 6/1/2020
Time :

* To discuss to continue
the counselling service.

Members Present

Sl. No.	Name	Signature
1	Ms. Madhura M.R	
2	Mr. Rudrakeema M.M	
3	Ms. Hamatha K	
4	Miss. Divyashree B	

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SULLIA, D.K. - 574 327

- It is decided to conduct counselling on every wednesday from 10th July 2019.
- Decided to give group counselling to all the students by classwise.
- Decided to inform all the mentors to identify the needy students and to make them prepared to avail counselling service.
- Decided to allot the duties to the mentors to handover the list of the needy students to the counselling cell on every wednesday.

SL NO	Dates of the counselling sessions	Gender of the client	Problems/Chief complaint of the client	
1.	3.07.18	F.	Problem with relationship	
2.	10.07.18	M	Love break-up	
3.	13.07.18	M	Absenteeism	
4.	20.07.18	M	Absenteeism	Follow-up
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10.	18.01.18	F	Problem with relationship	Follow-up
11.	23.01.19	M	Substance abuse	
12.	13.02.19	M	Substance abuse	Follow-up
13.	19.02.19	M	Loneliness	Follow-up
14.	06.03.19	F	Love break-up	
15.	13.03.19	M	Substance abuse	Follow-up
16.	16.03.19	M	Substance abuse	Follow-up
17.	22.03.19	F	Love break-up	Follow-up

Convenor
 Mes. Madhura. M.R
 Counselling & Grievance
 Redressal Cell
 N-M.C, Sullia.

N. Madhavan
 PRINCIPAL
 NEHRU MEMORIAL COLLEGE
 SULLIA D. K. 574 327
 PRINCIPAL
 NEHRU MEMORIAL COLLEGE
 SULLIA, D.K. - 574 327

Date: 17/7/19

Organized group counselling to all the students.

(Bachchan)

(Madhura M.R)

Date: 31/7/19

Duration: 10:30 AM to 4 PM

05 students have attended counselling session today.

New clients - 5

(Namratha K.B.)

[Namratha K.B.]

Psychologist.

K.V.G.M.C.H. Sullia

Date: 14/8/19

Duration: 10 AM to 1:50 PM.

No. of clients: 03

Followups - 03

New - 0

(Namratha K.B.)

Namratha K.B.

Psychologist.

K.V.G.M.C.H. Sullia

Date: 21/8/19

Duration: 10:30 to 2:00

No of clients: 3

Followups: 3

New: 0

~~Not~~

Namsatha. K.B.

Psychologist

K.V.G.M.H. Sullia.

Date: 28/8/19

Duration: 10:15 to 3:30

No. of clients: 5

Follow up: 2

New: 3

~~Not~~

Namsatha. K.B.

Psychologist

K.V.G.M.H. Sullia.

Date: 4/9/19

Duration: 10 AM to 1 PM

No of clients: 3

Follow up: 0

New: 3

~~Not~~

Namsatha.

Psychologist

K.V.G.M.H. Sullia.

Date: 11/9/19
Duration: 10 am to 1 PM
No. of clients: 1
Followup: 0
New: 1

~~Signature~~

Nandathar K.B
Psychologist
KVAMCH Sullia.

8/1/2020

Duration: 10:30 am to 1 PM
No. of clients: 02
Followup: 00
New: 1

~~Signature~~

Nandathar
Psychologist
KVAMCH Sullia.

22/1/2020

Duration: 10:30 to 11:30

No clients

~~Signature~~

29/1/2020

Duration: 10.30 to 11.30

No clients

[Signature]

5/2/2020

Duration - 10.30 to 11.30

No clients

[Signature]

12/2/2020

Duration: 10.30 to 11.30

No clients

[Signature]

19/2/2020

Durations: 10.00 to 1

No. of clients: 03

Followups : 0

New : ~~4~~

[Signature]

11/3/2010

No. of clients : 5
Follow up : 2
New : 3
(Total)

(15)

Date: 19.11.2021

Duration: 3:30-4:30 - 1 hour

No. of clients - 02

Daschun
19/11/2021

Date: 29.11.2021

Duration: 1:30-2:30 - 1 hour

Followup cases - 02

Daschun
29/11/2021

Date: 03.02.2022

Duration: 4:30-5:30 - 1 hour

No. of clients: 02

Daschun
03/02/2022

Date: 17.02.2022

Duration: 1:30 - 2:00 30 minutes

Followup: 01

Daschun
17/2/2022

Date: 23.02.2022

Duration: 3:30-4:00 30 minutes

Follow-up: 01

Daschun
23/2/2022

Date: 07.03.2022

Duration: 4:30 - 5:00 - 30 minutes

No of clients: 01

Daschun
07.03.2022

Date: 16.03.2022
Duration: 10:30-11:30 - 1 hour
No of clients: 02

Dasheen
16/03/2022

Date: 09.06.2022
Duration: 2:30 - 3:00 - 30 minutes
No of clients: 01

Dasheen
09.06.2022.



NEHRU MEMORIAL COLLEGE

Reaccredited with 'A' Grade by NAAC

Kurunjibag-574327, Sullia D.K



INTERNATIONAL YOGA DAY CELEBRATION- 2018

Date: 21st June 2019, Time: 8.00 AM.

Venue : NMC Auditorium

President : Dr. K. Giridhara Gowda
Principal, Nehru Memorial College Sullia

Chief Guest : Ramesh A
Former National Weightlifter

All are cordially invited

Krithee C. H.
S U O NCC Unit
NMC Sullia

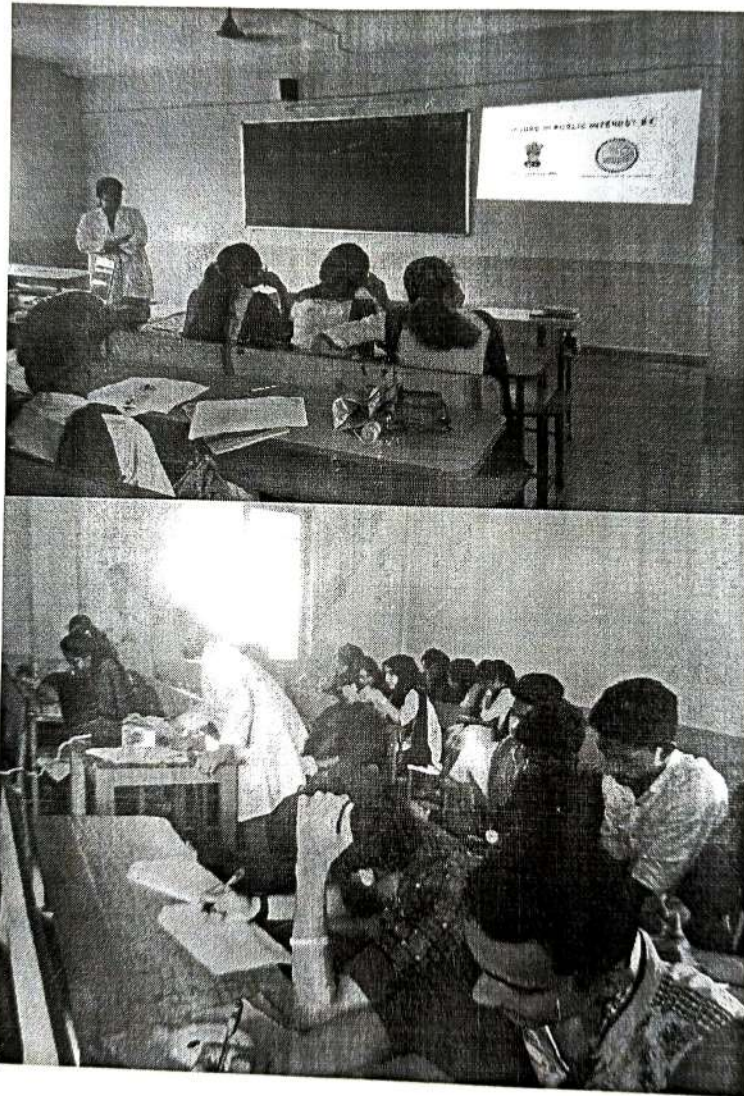
Lt. Seetharama M D
A N O NMC Sullia

Staff & Students NMC Sullia


PRINCIPAL
NEHRU MEMORIAL COLLEGE
SULLIA, D.K. - 574 327

'Anti smoking awareness programme'

On August 03, 2018 Forum of Business Administration organized a programme on 'Anti smoking awareness programme' for I BBA students. Resources person was Dr. Varsha , Dentist, KVG Dental College, Sullia. Miss. Leena Y N , class proctor of I BBA was present in the programme.



M. M. K. K. K.

PRINCIPAL
MEMORIAL COLLEGE
A. D. R. - 574327

**NEHRU MEMORIAL COLLEGE, SULLIA, D.K.
FORUM OF BUSINESS ADMINISTRATION**



Programme on

“ANTI-SMOKING – AN AWARENESS PROGRAMME”

Guest Speaker : Dr. Varsha

KVG Medical College, Sullia

Date : 03.08.2018 at 3.00 PM

Venue : I BBA Class room

**Mrs. Anantha Lakshmi
Convener**

**Dr. Giridhara Gowda K.
Principal, NMC, Sullia**

And

All the faculty of Dept. of Business Administration

All are cordially invited

N. M. Lakshmi

**PRINCIPAL
NEHRU MEMORIAL COLLEGE
SULLIA, D.K. - 574 327**

NEHRU MEMORIAL COLLEGE, SULLIA, D.K.
FORUM OF BUSINESS ADMINISTRATION.

Organised a program on.

'ANTI SMOKING AWARENESS PROGRAM'

Date : 3/08/2018

Place : I BBA

Speaker : Dr. Mrs. Vaasha.

Doctor. at KVG Dental College,
Sullia.

Faculty Present:

Ariantha Lakshmi

Lena-Y.N.

[Signature]
Lena-Y.N.

N. Madhukar

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SULLIA, D.K. - 574 327

Students Presents

<u>Name :</u>	<u>Class</u>	<u>Signature</u>
1) Poadeep.T	IBBA	
2) Sanjay T. J	IBBA	
3 Bhuvan P	IBBA	
4. Briyesh. K	IBBA	
5. Hithesh. K	IBBA	
6. Nitheesh. K.S	I-BBA	
7. Sudesh. M.S	IBBA	
8 Nischith. A	IBBA	
9. Hawaz Naveed	IBBA	
10. Manulika	"	
11. Karthik. S.M	"	
12. Sujith Stalin R.D.Suza	"	
13 Ashfor	"	
14. mohammad. Saleeth	"	
15. Mohamad Arath	"	
16. Praya. K.V.	"	
17. Banazeera SK	"	
18. Farjeen Rahmani	"	
19. Reeba Pallama. B.A	"	
20. Fathmath Ishyana	"	
21. ZAINAB ZINNEERA	"	
22. Fathima. Mohammed	"	
23. Vishalakshi	"	
24. Raksha.	"	
26. Deepika.	"	
27. Pooja.	"	
28. Manjushree	"	

M. Mohalakshmi

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SULLIA, D.K. - 574 327

NEHRU MEMORIAL COLLEGE SULLIA
Department of commerce



Dental Checkup by DrAkash, DrSaurabh S Rai, Dr Christa Jose and Dr, AnfarMohar MDS students of K.V.G Dental College and Hospital, Kurunjbhag, Sullia on 12.11.2021

N. Mohan Kumar
PRINCIPAL
NEHRU MEMORIAL COLLEGE
SULLIA, D.K. - 574 327



NEHRU MEMORIAL COLLEGE

KURUNJIBAG, SULLIA, D. K.- 574 327
Accredited at 'A' Grade with 3.06 C.G.P.A by NAAC

MINUTE BOOK

Department / Committee / Association :

Agenda

Place : Sullia,

Dental checkup.

Date : 12/11/2021

Time : 11.5 onwards

Members Present

Sl. No.	Name	Signature
1	Rudrakumar M M	
2	Rathnowathi. D	
3	Aakash vedatta	
4	Dr. Christa Joy ; MDS KVA Dental College	
5	Saamir S Rai - MDS KVA Dental College	
6	Anjuna Mohan MDS KVA Dental College	
7	Shriidharav	
8	Meenakshi	
9	Geetha Shree	
10	Rinjeet S	
11	AShwinii M.S.	
12	Students	
1)	Kaushalya.H.V III B.com 'A'	
2)	Deepthi B.V III B.com 'A'	
3)	Mouna.M.P III B.com 'A'	
4)	Isidhika.K.J III B.com 'A'	
5)	Ashwetha.B.c III B.com 'A'	
6)	Gayana.A III B.com 'A'	
7)	Harshitha.D III B.com 'A'	
8)	Prasanth.D.K III B.com 'A'	
9)	Pavan.K.c III B.com 'A'	
10)	Maharajad Thakur III B.com 'A'	
11)	Shashook B.K III B.com 'A'	

12)	Ashwin. T	III B. Com A	Aswin
13)	Akhila. R. S	III Bcom A	Devi
14)	Arpitha. V. A	III Bcom A	Arpitha. V. A
15)	Keerthana. P. C	III B. Com A	Keerthana P. C
16)	Thyagaraj. K	III B. com A	Thy
17)	Sinchana. P. m	III B. com 'A'	June
18)	Kunthika. A	III B. com 'A'	Kunthika
19)	Yagnesh. Bhanu. J	III	Yagnesh
20)	Pradeeksha. K. B	III B. Com 'A'	Pradeeksha K. B
21)	Karthik. K. K	"	Karthik
22)	K. Ashitha	"	Ashitha
23)	Hitesh. N. T	"	Hitesh
24)	Deepthi. N	"	Deepthi N
25)	B. V. Jayashree	"	Jayashree
26)	Sivapriya. K	"	Sivapriya
27)	Thrishathi. B. S	"	Thrishathi
28)	Namitha. K. M	III Bcom 'B'	Namitha
29)	Shreya. K	"	Shreya
30)	Sinchana. H. N	"	Sinchana
31)	Sanyasa. M. P.	III Bcom 'B'	Sanyasa
32)	Shwetha. Arippade.	III Bcom 'B'	Shwetha
33)	Santhipathi. S. Nayak.	III Bcom 'B'	Santhipathi
34)	Vishnuraj. M. K	"	Vishnuraj
35)	Abhishhek. K. K	III B. com B	Abhishhek
36)	Ashok. K. B	III B. Com 'B'	Ashok
37)	Abhil. Jase	III B. Com 'B'	Abhil
38)	Shreya. S	III B. com 'B'	Shreya
39)	Kuladeep. H	III B. Com 'B'	Kuladeep
40)	Vinayal. B. V	III B. com 'B'	Vinayal
41)	Praneeth. P. K	"	Praneeth
42)	Darshan. R. Bhat	II B. com 'B'	Darshan
43)	Deekshith.	"	Deekshith
44)	Devi. Prasad.	"	Devi
45)	Chethan. R.	"	Chethan
46)	Limitha. A. J	II B. com	Limitha
47)	Shree. Aishwarya	II B. com	Shree Aishwarya
48)	Jennifer. Christy	II B. Com	Jennifer



NEHRU MEMORIAL COLLEGE

KURUNJIBAG, SULLIA, D. K. - 574 327
Accredited at 'A' Grade with 3.06 C.G.P.A by NAAC

MINUTE BOOK

Department / Committee / Association :

Agenda

Place :

Date :

Time :

Members Present

Sl. No.	Name	Signature
49	Laranga D.K	Laranga
50	Atshatha.S	Atshatha
51	Shanya.S.P.	Shanya
52	Vismitha.K.P	Vismitha
53	Prathiksha.Rai.	Prathiksha
54	Nidhi	Nidhi
55	Sadana	Sadana
56	Jlemachandra.V	Jlemachandra
57	Kaerthi.K.B.C	Kaerthi
58	Anagha.R.U.	Anagha
59	Kausalya.B.D.	Kausalya
60	Fathimath Fathiga.P.	Fathimath
61	Ashreetha	Ashreetha
62	Pragna	Pragna
63	Yukti	Yukti
64	Deepthi	Deepthi
65	Zubeeda Maryam	Zubeeda
66	Pragna	Pragna
67	Tharsha	Tharsha
68	Nikhila	Nikhila
69	Poojima.M.R	Poojima
70	Abdul Haseeb I.Bem	Abdul Haseeb
71	Mahammad Tahir I.Bem	Mahammad Tahir

Minutes of the meeting

72	Muhammed Mahroof Pl.	I Bcom	ACOM
73	Scedap. U.	- do -	Scedap.
74	Greethest. G	I B.com	ACOM
75	Muhammad Ibanh	I Bcom	ACOM
76	Mohammad Rushaid	I Bcom	Quid
77	Suram Kumapathi	I Bcom	ACOM
78	Ramya. G	I Bcom	ACOM
79	Jabeer. P	I B com	Indira
80	Fajeem	I B com	Fajeem
81	A. Ashyak G.S	I B. Com	ACOM
82	Saithama	I B. Com	Amu
83	Shreyas P.G	I B. Com	Shreyas P.G
84	SHARAN N	I B com	P.O
85	Adithya k.s	I B. com	Adithya k.s
86	Darshan R.S	I B. com	Da ..
87.	Shreyas T	I. B. com	ACOM

M. Mahroof

PRINCIPAL
NEHRU MEMORIAL COLLEGE
SULLIA, D.K. - 574 327



NEHRU MEMORIAL COLLEGE

15

KURUNJIBAG, SULLIA, D. K.- 574 327
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MINUTE BOOK

Department / Committee / Association :

Agenda

Place : Examination Room.

Dental Checkup

Date : 22-3-22.

Time : 11:20.

Members Present

Sl. No.	Name	Signature
1	Prof. Rudehakumar M.M Principal	M.M. Rudehakumar
2	Mrs. Rathnasathi D. Swo & HOD of Commerce.	Rathnasathi
3	Shreya A.K.	Shreya A.K.
4	Chetana Kusan.	Chetana Kusan
5	Shreya B.S.	Shreya
6	Dr. Akash Medappa	Dr. Akash Medappa
7	Dr. Suman B	Dr. Suman B

Sl. No.	Name of the students	Signature
1	Chethan R.	Chethan R.
2	Ranjith T.N.	Ranjith T.N.
3	Nithesh Kumar A.V.	Nithesh Kumar A.V.
4	Karthik A.	Karthik A.
5	Sadana H.V.	Sadana H.V.
6	Nedha T.S.	Nedha T.S.
7	Manvith A.V.	Manvith A.V.
8	Prashanth D.K.	Prashanth D.K.
9	Muhammad Ibrahim	Muhammad Ibrahim
10	Abammed niyaz A	Abammed niyaz A
11	(not)	(not)
12	Mohammad Rameez	Mohammad Rameez

Minutes of the meeting

- 13 Ganesha
- 14 Shreyas T
- 15 Sinchana H.N.
- 16 Abhishek. A

[Handwritten signature]
[Handwritten signature]
Sinchana H.N.
[Handwritten signature]

[Handwritten signature in green ink]

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NEHRU MEMORIAL COLLEGE

Kurunjibagh, Sullia D.K

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Sponsored by Academy of Liberal Education (R.) Sullia

Department of Social Work, IQAC & Alumni Association NMC, Sullia

Govt. of Karnataka, Labor Welfare Dept.

Karnataka Building and other construction workers Welfare Board
Organizing

"Three Days Free Health Checkup Camp"

Inauguration

Venue: College Auditorium

Date: 25.05.2022

Time: 10.15 am

President:

Dr. KV Chidananda

President AOLE(R.) Sullia

Guest of Honors:

Mr. Rudrakumar M M

Principal, NMC Sullia

Mr. P V Subramani

District Co-ordinator, H.L.L, Life Care Ltd.
Govt. of India

Prof. M Balachandra Gowda

Academic Advisor, NMC Sullia

Mr. Chandra Kolchar

President, Alumni Association, NMC Sullia

Mrs. Rathnavathi D

SWO, NMC Sullia

Mrs. Mamatha K

IQAC Coordinator

You are cordially invited

M. Mamatha K
Principal

HOD Social Work
& Staff Co-ordinator
Alumni Association NMC, Sullia

Mr. Mamatha K
IQAC Co-ordinator

Principal



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Department of Social Work, IQAC & Alumni Association NMC

Sullia

In association with

Karnataka Building and other construction workers Welfare Boa

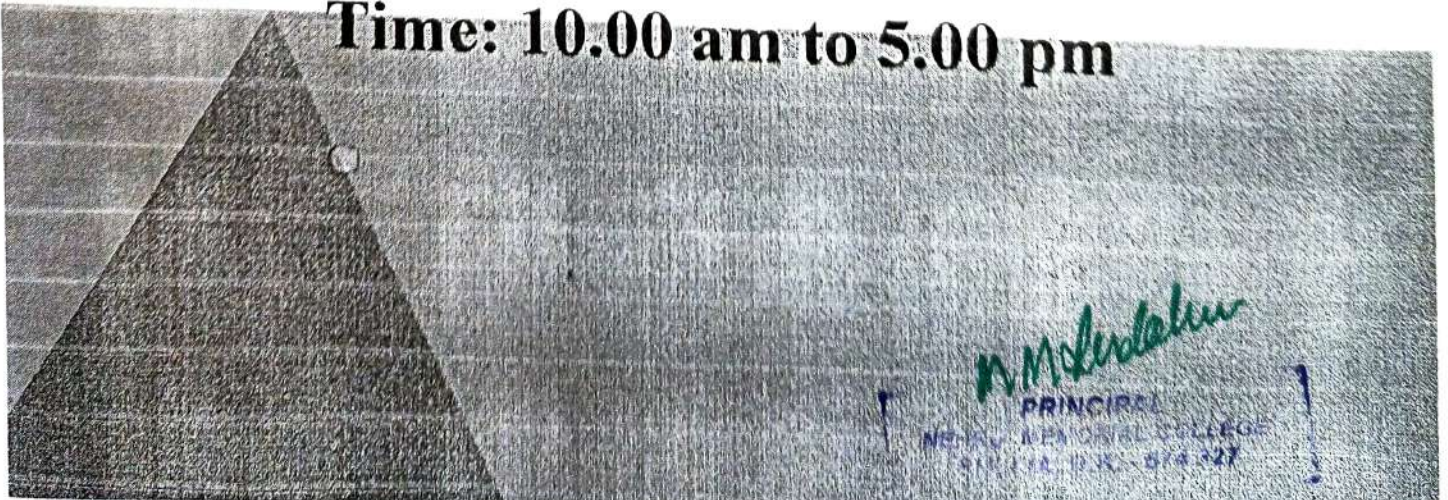
Organizing

“Three Days Free Health Checkup Camp”

Venue: College Auditorium

Date: 25.05.2022 to 27.05.2022

Time: 10.00 am to 5.00 pm



N. M. Lakshmi
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MINUTE BOOK

Department / Committee / Association :

Agenda

Place : Auditorium

Three Days Free Health
Checkup Camp. Inauguration.

Date : 25-05-2022

Time :

Members Present

Sl. No.	Name	Signature
1.	Prof. Rudrakumar M.M	M.M. Rudrakumar
2.	Prof. Balachandra Gowda	Balachandra Gowda
3.	Mr. Chandra Kolchan	
4.	Mrs. Rathnavathi. D.	Rathnavathi
5.	Mr. P.V. Subramani	
6.	Mrs. Mamatha. K.	M
7.	Dr. Akanksha .A	Akanksha
8.	K.T. Vishwanath	
9.	Mrs. Madhura. M.R	
10.	Dr. Anuradha Kerenje	Anuradha
11.	Shobha. A	Shobha
12.	Thulasi P	Thulasi
13.	Niveditha B.S	Niveditha
14.	Deepsha. D.P	Deepsha
15.	Deepa. A	Deepa
16.	Merry G.I.J	Merry
17.	Pavithra M.A	Pavithra
18.	Arpitha. V.A	Arpitha
19.	Arpitha. B.C	Arpitha
20.	Harsitha. D	Harsitha
21.	Kvithika. K.T	Kvithika
22.	Nanyashree Rai. S.R	Nanyashree
23.	Vaishali. D.V.	Vaishali

24]	Dhanyashree N.	(N)
25]	Lathashree D.	(D)
26]	Akshatha M.P	(M.P)
27]	Akhila P.S	(P.S)
28]	Kaushalya H.V	(H.V)
29]	Megha P.S	(P.S)
30]	Indrajithi K	(K)
31]	Sinchana P.M	(P.M)
32]	Keerthana P.C	(P.C)
33]	Kivalhi G	(G)
34]	Fathimath Hashriya	(H)
35]	Fathima Abdullo	(A)
36]	Fathimath Farzana N.A	(N.A)
37]	Fathimath Faibana	(F)
38]	Asiyath Mashitha	(M)
39]	Asna K.M	(K.M)
40]	Kodeejath Shabeiba	(S)
41]	Ayath Asreema	(A)
42]	Fathimath Shyama	(S)
43]	Nafesath Misiya Rafana	(R)
44]	Fathima Thabsena	(T)
45]	Fathimath Thabsheera	(T)
46]	Faeeda T.T	(T.T)
47]	Fathimath Thashreefa K.H.	(K.H)
48]	Chaithra C.K	(C.K)
49]	Karthik A.M	(A.M)
50]	Chethan	(C)
51]	Kaishna Clark	(C)
52]	Sharona Nail	(S)
53]	Mayur Shindie	(S)
54]	Juthan R	(R)
55]	Shalini T	(T)
56]	Sreerama m.C	(M.C)
57]	Shashika H	(H)

M. M. K. S. S.

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NEHRU MEMORIAL COLLEGE, SULLIA
YOUTH RED CROSS WING
&
STUDENT COUNCIL



with the collaboration of



KVG Medical
 College & Hospital
 Sullia

KVG MEDICAL COLLEGE & HOSPITAL, SULLIA

Cordially invites you to witness the

VOLUNTARY BLOOD DONATION CAMP

(On account of World Blood Donor's Day (June 14))

Theme: Give blood, Save life.

Date : 11-06-2022 Time : 10-30 AM

Place : Blood Bank, K.V.G. Medical College & Hospital, Sullia

Inaugurator

: Dr. K.V. Chidananda

President, A.O.L.E (R.) Sullia

Guest of Honour

: Dr. Neelambikai Natarajan

Dean, K.V.G. Medical College, Sullia

: Dr. Mahanthadevaru

Blood Bank Officer, KVGMC & Hospital, Sullia

: Prof. Balachandra Gowda M

Academic Advisor, NMC, Sullia

: Mr. Rudrakumar M M

Principal, Nehru Memorial College, Sullia

: Mrs. Rathnavathi D

Student Welfare Officer, NMC, Sullia

: Dr. Anuradha Kurunji

Programme Officer, YRC Wing, NMC, Sullia



GIVE
BLOOD



SAVE
LIFE



All are Welcome

President &
Office Bearers

Student Council, NMC Sullia

Likhith M N, Lathashree E D
& Shubha P

II Leaders

Principal

Teaching, Non-Teaching Staff & Students
NMC Sullia

Niranjan K & Umitha P J

II Leaders

All the Members

Youth Red Cross Wing

NEHRU MEMORIAL COLLEGE, SULLIA

"If You Donate Money You Give Food, But if You Donate Blood You Give Life"

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NEHRU MEMORIAL COLLEGE

07

KURUNJIBAG, SULLIA, D. K.- 574 327
Accredited at 'A' Grade with 3.06 C.G.P.A by NAAC

MINUTE BOOK

Department / Committee / Association :

Agenda

Place : KVG Medical College, Blood Donation
Date : Blood Bank Camp
Time :

Members Present

Sl. No.	Name	Signature
1	Dr. K.V. Chidananda	
2	Dr. Neelambikai Natarajan	
3	Dr. Mahanthadevaru	
4	Prof. Balachandra Gowda M.	
5	Mr. Rudrakumar M.M	
6	Mrs. Rathnavathi D	
7	Dr. Anuradha Kurunji	
8	Chelme .U.M	
9	Mrs Premaja N.S	
10	Mu. Shashidhara A.P.	
11	Dhonyashree.k	
12	Jayashree.B.C	
13	misriya	
14	Harshitha .D.k	
15	Shobith.	
16	Ashlesh.	
17	Dr. Rajesh	
18	Mr. Pradeep. Bollu	
19	Mr. Swasthik. K.S	

1) Limitha P.J	II B.com	initial
2) Inana. N	II BBA	Ina
3) Akshatha S	II B.com	Ab
4) Shubha P	II BSC	Shubha
5) Lathashree D.	II BA	Lathashree
6) Raksha G.R	I BSW	Ra
7) Niseeksha D	I BA	Niseeksha
8) Puneetha K.C	I B.com	Puneetha
9) Senika D.S	I B.com	Senika
10) Tayan S E	I BS.W.	Tayan
11) Shri Shyam S. Arora	III BBA	Shyam
12) Hammad Asifak G.S	I B.com	Hammad
13) Mahammad Rushaid K.P	I B.com	Mahammad
14) Muhammed Mahroof	I B.com	Muhammed
15) Sarjaya S.S	I B	Sarjaya
16) Puneeth Kumar	III BA	Puneeth
17) Shri Vatsa. S	II B.com	Shri Vatsa
18) Rajath Kumar.A	II B.com	Rajath
19) Nirangan. K.	II B.com	Nirangan
20) Datta Prasad H.V	II BBA	Datta
21) Nikith mn	II BBA	Nikith
22) Chandan Shekar.L	II B.com	Chandan

NEH

M. M. Mahalingam
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NEHRU MEMORIAL COLLEGE
Kurunjibagh , Sullia D.K
Department of social work

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On account of world AIDS day

Social work Forum

Organizing

HIV/AIDS AWARENESS PROGRAMME

Date- December 1 2021

Time-12.00p.m.

Venue- K.V.G SHASHTYABDA RANGA MANDIRA

President: Prof. Rudhrakumar M M
Principal ,NMC-Sullia

Guest of Honour : Prof. Balachandra Gowda M
Academic Advisor, NMC-Sullia

All are cordially invited,

Mrs.Kripa A N

Mrs. Madhura M R

Convener,Social Work Forum

HOD,Department of social work

Staff and Students,
Dept. of social work


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MINUTE BOOK

Department / Committee / Association :

Agenda

Place : Audio - Visual hall

Date : 01-12-2021

Time : 12:00PM

Programme on
" HIV/AIDS AWARENESS
PROGRAMME"
STREET PLAY

Members Present

Sl. No.	Name	Signature
1	Prof. Rudhrakumar. M.M.	
2	Prof. Balachandra Gowda. M.	
3	Mrs Rathnawathi. D	
4	mrs madhura. m.R.	
5	mrs Kripa A.N	
6	mrs Shobha. A.	
7	Chithralakshmi Ks	
8	Shobha. A	
9	Abdul Rasheed K.M, Asst Professor, Dept of HIL	
10	Arpitha. S - Dept of resed	
7	Aswathi. k	
8	Saranya. KV	
9	Greena. P	
10	Malavika. c	
11	Anjina	
12	Shajana. K.S	
13	Lathalinee. D	
14	Vaishali. D.V	
15	Deeksha K.V.	
16	Chaitra. A.S.	
17	Varsha. D.J	

Minutes of the meeting

18. Meekera Shibi n		Shibi n
19. Harshelou. N		Harsh
20. Rachana. B.N		Rach
21. Chaithra. m		Chaith
22. Asha. M. K		Asha
23. Jhanyashree. K		Jhanyashree. K.
24. Karyashree.		Karyashree
25. Prathima. D		Prath
26. Arpana k		Arpana k
27. monaavi. D. H		Monaavi
28. Fareeda. T. I		Fareeda
29. Fathimath Thonkreeja. K. H		Fathimath
30. Saifeer. K		Saifeer
31. Ganesh. k		Ganesh
32. Mohammad Fiaz T. M		Mohammad
33. Ahmodil Kabeer. K. H		Ahmodil
34. Mohammad Asif. G		Mohammad
35. Ameer. S		Ameer
36. Abdul Rehman. S		Abdul Rehman
37. Nithin. K. R.		Nithin
38. Dharmaprasad. K. S	III B.S.W	Dharmaprasad
39. Parvith. K	II BSW	Parvith
40. Nishanth P. D	II BSW	Nishanth P. D
41. Yashwanth. B	III BSW	Yashwanth
42. Mohith. M. S	III B.S.W	Mohith
43. Likhith. M. N.	II BBA	Likhith
44. Lekhan. K. H	II BBA	Lekhan
45. Anvith. M. C	II BBA	Anvith
46. Alex Babu Thannickalayathu	II Msw	Alex Babu
47. Jisiri Jitu	I BSW	Jisiri Jitu
48. Irfan. S. E	I	Irfan
49. Kishan. R. K	I B.K	Kishan
50. Nithin. N. M.	Ist BSW	Nithin
51. K. Abhishek	Ist BSW	K. Abhishek
52. Rohith. P.	Ist BSW	Rohith
53. Keshav. Kishore	Ist BSW	Keshav
54. Milan B. M	II BSW	Milan

NSS WING AND GOVERNMENT HOSPITAL SULLIA ORGANISED AIDS AWARENESS PROGRAMME ON WORD AIDS DAY 1/12/2021



N.M. Sridharan

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MINUTE BOOK

Department / Committee / Association :

Agenda

Place : NMC Sullia HIV Program

Date : 12/01/2021

Time : 11.00 am

Members Present

Sl. No.	Name		Signature
1	Ranjith.K	II BSW	Ranjith
2	Nishanth A.D	II BSW	Nishanth A.D
3	Milan BM	II BSW	Milan
4	Mohammed Thasveef	II BSW	Mohammed Thasveef
5	Mohammed Aarif	III BSW	Mohammed Aarif
6	Mohammed Iqbal	III B.S.W	Mohammed Iqbal
7	Ahmedul Kabeer K.H	III BSW	Ahmedul Kabeer K.H
8	Safeer K.H	I BSW	Safeer K.H
9	Ashitha C.K	I BSW	Ashitha C.K
10	Yashwith B	III BSW	Yashwith B
11	KL. Abhishek	I BSW	KL. Abhishek
12	Abdul Rubina	III BSW	Abdul Rubina
13	Dharmaprasad. K.S	II BSW	Dharmaprasad. K.S
14	Rachana B.V	"	Rachana B.V
15	Koushik M.T.	"	Koushik M.T.
16	Kritika K.H	II BSW	Kritika K.H
17	SN. Sonali	"	SN. Sonali
18	Ramula Neelha	II BSW	Ramula Neelha

Minutes of the meeting

17) Meeheena Shibir	II BSW	Shuber
18) Fathimath Thashreefa. K.H	III BSW	Thad
19) Asha. M.K	III BSW	Asifa
20) Prathima. D.T	III BSW	Prathy
21) Fareeda T.I	III BSW	Far
22) Dhanyashree. K.	III BSW	Dhanyashree. K.
23) Chaitra. M.	III BSW	Chaitra
24) Nithin. K.R.	III BSW	Nithin
25) Mounavi. D.H	III BSW	Mounavi
26) Thrupthi. P.T	III BSW	Thrupthi.
27) Raksha J.F	I BSW	Raksha
28) Kudashree	I BSW	Kudashree
29) Yashaswi. U.R	I BSW	Yashaswi
30) Namitha K.N	I BSW	Namitha
31) Mohith. M.S	III B.SW	Mohith
32) Ashwini. K.J	I B.S.W.	Ashwini
33) Meghana S	I B.S.W	Meghana
34) Ayisha. K.	I B.S.W	Ayisha
35) Pallavi. R.C	I B.S.W	Pallavi
36) Shashmi. J.V.	I B.S.W.	Shashmi
37) Sneha. S	III BSW	Sneha
38) Arpana. K	III BSW	Arpana

N. Mohan Kumar
 PRINCIPAL
 NEHRU MEMORIAL COLLEGE
 SULLIA, D.K. - 574 327

NSS UNIT AND DRUG AWARENESS JATHA COLLABORATION WITH POLICE DEPARTMENT 11/3/2021



M. M. S. S. S.

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MINUTE BOOK

Department / Committee / Association :

Agenda

Drug Addiction Jalga

Place : Auditorium

Date : ~~17/03/2022~~ 17/3/2022

Time : 2:30 pm.

Members Present

Sl. No.	Name	Signature
1	Sanjeeva Kudraje	
2	Chitralekha K.S	
3	Archana K	
4	Supreetha T.K	
5	Divya Latha A.G	
6	Krupa K.A	
7	Mahavitha M.K	
8	Neha.P	
9	Amshika.A	
10	Vaishnavi K.B	
11	Narmitha K.R	
12	Kisthema V.S	
13	Farzana B	
14	Nayanamoi II Bcom	
15	Ayushath Jaseera II Bcom	
16	Phanya P II Bcom	
17	Nishma D.C I BSc.	
18	Madhivadhini T.S I BSc	
19	Vanishree K.C II BSc.	
20	Charishma Cj II BSc	
21	Vanl HB II BSc	
22	Champa D.L II BSc	
23	Megha B II BSc	

Minutes of the meeting

21.	Kavyashree K	II nd BSC	Kavya
22.	Sushmita	I st BSC	Sushmita
23.	Ushika. G. P	I st BSC	Ushika
24.	Keerthika. T.	I st BSC	Keerthika
25.	Likhitha N G	I BSc	Likhitha N G
26.	Krupa. K.V.	II BSC	Krupa
27.	Kavana. K.V.	II BS	Kavana
28.	Sarifa's Tharini	I BSC	Sarifa's
29.	Anusree P	I BSC	Anusree
30.	Mubashira. M	II. B.Sc	Mubashira
31.	Haleemath Azmeena	II B. Com	Haleemath
32.	Munshira Shirin	II BCOM	Munshira
33.	Meghana B S	II B. Sc	Meghana
34.	Vishmita. R.K	II BSC	Vishmita
35.	Hilhashree M.G	II BSC	Hilhashree
36.	Anveshona - A	II Bsc	Anveshona
37.	K Anjusha	II BSC	Anjusha
38.	Deekshitha mol	II Bsc	Deekshitha
39.	Seethana. A.J	II BSC	Seethana
40.	Ajvath M.H	II BSC	Ajvath
41.	varsha D J	II BBA	varsha
42.	HARSHATHA N	II BBA	Harshatha
43.	Chaitra. A.S	II BBA	Chaitra
44.	Fathima Tahreena K J	I BBA	Fathima
45.	Fathimath. Shyama. N.A	T BBA	Fathimath
46.	Sairama	I B Com	Sairama
47.	Murali Krishna	I B Com	Murali
48.	Drumam B.P	"	Drumam
49.	Hrishika K.K	I B. Com	Hrishika
50.	Prathik. K.B	I B. Com	Prathik
51.	Aishwry	I B. Com	Aishwry
52.	Shreyas. J	I B Com	Shreyas
53.	Vinayaka. M.H.	II B.A	Vinayaka
54.	KISHAN. K. K	II B.P	Kishan
55.	Charan. M	I Bsc	Charan
56.	Shanya. S.P	II B Com	Shanya
57.	Shreyas. K	II nd B.Sc	Shreyas



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MINUTE BOOK

Department / Committee / Association :

Agenda

Place :

Date :

Time :

Members Present

Sl. No.	Name	Signature
55.	Ranith. K II BSW	<i>[Signature]</i>
56.	Divith kudrikal II BSC	<i>[Signature]</i>
57.	Devika. K I BSc	Devika K
58.	Sushmitha. M S I BSW	Sushmitha M S
59.	Amrutha wopal A II B.com	<i>[Signature]</i>
60.	Pragwal. k-J II BSC	<i>[Signature]</i>
61.	Amith kumar T. S. II Bsc	<i>[Signature]</i>

[Handwritten signature]
PRINCIPAL
Nehru Memorial College
Sullia-D.K. - 574 327

NSS UNIT AND INDIAN MEDICAL ASSOCIATION JOINTLY ORGANISED HEALTH AWARENESS PROGRAMME ON 11-06-2022



N.M. Subrahmanya
PRINCIPAL
NEERU MEMORIAL COLLEGE
SULLIA, D.K. - 574 327



NEHRU MEMORIAL COLLEGE

KURUNJIBAG, SULLIA, D. K.- 574 327
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MINUTE BOOK

Department / Committee / Association :

Agenda

Place : Auditorium

Date : 11/06/2022

Time : 2-30 pm

Health Awareness programme

Members Present

Sl. No.	Name	Signature
1	Rudrakumar M.M	
2	D. Veena N	
3	Letta Latha K.S	
4	Sanjeeva Kuthpaje	
5	Prasanna K.J	
6	Shonya S.P	
7	Narmita K.N	
8	Sushmitha M.S	
9	Pragna M.G.	
10	Shreeeshmi-A	
11	Akshatha M.P.	
12	Kshema U.S	
13	Dilshana E.S	
14	Aishath Shaima D.P	
15	Nishma D.C	
16	Furzana B	
17	Fareeda N.A	
18	Sodana H.V	
19	Prasanna K.J	
20	Devika K.	
21	Jadeena P	
22	Mahroof S.L	
23	Praveena K.C	

Minutes of the meeting

1. Ahammad Ashfaq G.S. Ash
2. K. Thilak Thilak
3. Mahammad Rushaid K.R. Rushaid
4. Asthik S.T. Asthik
5. Chintan. G. Rai Chintan
6. Adithyan Adithyan
7. Ananth V.L. Ananth
8. Rajesh Nayak. K.L. Rajesh
9. Ranjith. K. Ranjith
10. Charan. M. Charan
11. Sanjay. V. Sanjay
12. Vinod. C.P. Vinod
13. Madan Kumar. E. Madan

M. Madhukar
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Nehru Memorial College
Sullia, D.K.



IQAC & National Cadet Corps

Inviting you

to

Yoga Training Program

With

Miss. Saakshi Shivaram

SDM College Of Naturopathy
 And Yoga Science Ujire

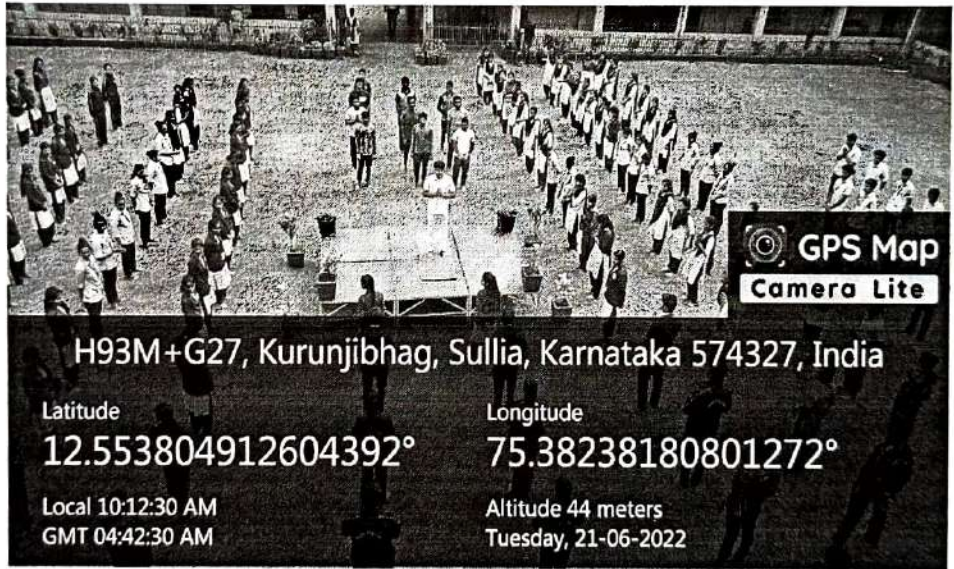
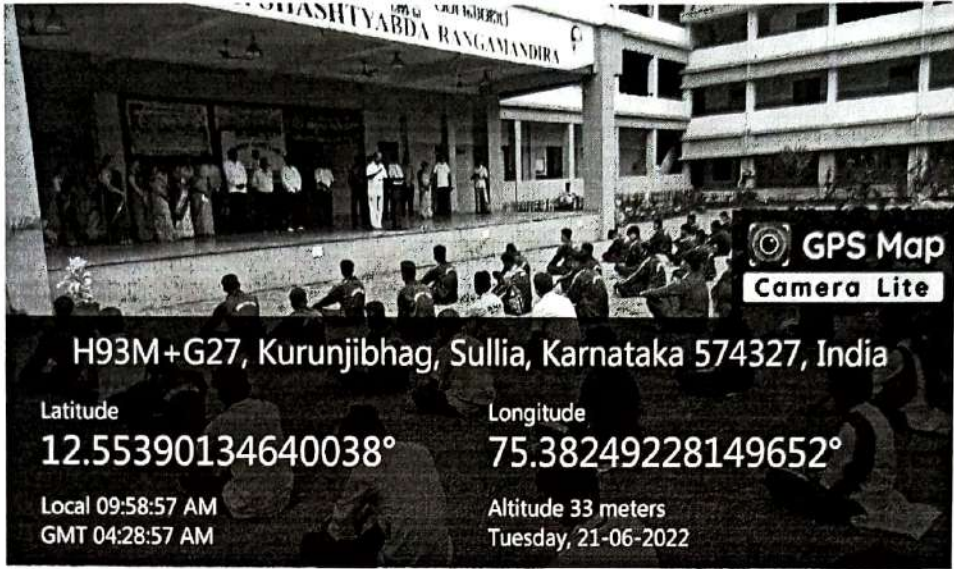
Date. :- 11-06-2021,
Friday Onwards
Time :- 06:00 pm
Platform :- Google Meet



Saakshi Shivaram

All are cordially Invited

YOGA TRAINING ON 21ST JUNE 2022 AT NEHRU MEMORIAL COLLEGE SULLIA



M. S. Lakshmi

PRINCIPAL
Nehru Memorial College
Sullia D.K. - 574 327

Students

Name	class	Sign
1. Lavanya D.K.	II B.Com	L.D.D.
2. Akshatha S	" "	Aksh
3. Tulasi P.	I BBA	Tulasi
4. Limitha P.J	II B.Com	Limitha
5. Krishnaveni E.V	I B.A	Krishna
6. Megha P	II B.Sc	Megha
7. Raksha G.P	I B.SW	Raksha
8. Kulashree D	I B.SW	Kulashree
9. Yashalwi UR	I B.SW	Yashalwi
10. Nithin NM	I B.SW	Nithin
11. Krithika B.	I B.com.	Krithika
12. Rakha Sachana	"	Rakha
13. Kavana H.V.	II BSc	Kavana
14. Rakshita B	II BSc	Rakshita
15. Sujatha PK	II B.Sc	Sujatha
16. Harshitha K	II BSc	Harshitha
17. Raja C.P.	II BSc	Raja
18. Meghna P	II BSc	Meghna
19. Shubha P	II "	Shubha
20. Lathashree D.	I BA	Lathashree
21. Sukanya P.U.	I BSc	Sukanya
22. Navyashree K.U.	I BSc	Navyashree
23. Ashwini P.K	I BSc	Ashwini
24. Pavithrakshi	I BSc	Pavithrakshi
25. Subhitha K	I BSc	Subhitha
26. Shreeshagovinda	I BSc	Shreeshagovinda
27. Sanjaya J.S	I BSc	Sanjaya
28. Purnitha K.C	I B.com	Purnitha
29. Deepashree A.J	I B.com	Deepashree
30. Preethika K	I B.com	Preethika
31. Vidyath P.H	I B.com	Vidyath
32. Karthik B.C	I B.com	Karthik
33. Chandra Shekar L	II B.com	Chandra Shekar
34. Datta PRASAD MV	II BBA	Datta PRASAD
35. Irfan E	I BSW	Irfan

M. M. K. S. S.

NEHRU MEMORIAL COLLEGE, SULLIA, D.K.

Monthly Attendance Report of Certificate Course

Name of the Department: Sports & Games Name of the Certificate Course: Yoga

Resource Persons: 1) Alia Taskeen Month & Year: August - 2018
 (Including Outsiders) 2) A.F.R.A

Sl. No	Name of the Students	Class	Attended							
			1	2	3	4	5	6	7	8
			Dates							
			02/08	06/08	07/08	13/08	20/08	21/08	27/08	28
1.	Maheshwari P	I BSc	P	.	.	P	P	P	P	P
2.	prateeksha K.G	I BSc	P	.	P	P	.	P	P	P
3.	Jayamala K.V	I BSc	P	.	P	P	P	P	P	F
4.	Kushmitra A.P	I BSc	P	P	P	P	P	.	P	P
5.	Monisha K.M	I BSc	.	P	P	P	P	P	.	F
6.	Rashmi S	I BSc	.	P	P	P	.	.	P	F
7.	Athmika T.R	I BSc	P	P	P	.	P	P	P	F
8.	Lokesh D	I Bcom(B)	P	P	P	.	P	P	P	F
9.	Ritish Shetty	I Bcom(B)	P	.	.	
10.	Pramukh Rae	"	
11.	Prajesh Rai.K	"	P	.	.	.	P	.	.	F
12.	Kocher. Y.D	"	P	.	P	F
13.	Nutan. Rai	"	P	P	P	F
14.	Vedit. Rai	"	P	.	.	F
15.	Mandisa S.N	I B.Sc	P	P	.	P	P	.	P	F
16.	Preksha B.N	"	P	P	P	P	P	P	P	
17.	Anya Raveendran	II B.Sc	
18.	Anvith. Shetty	I Bcom(A)	P	.	.	
19.	Devi prasad	"	P	.	.	
20.	Nikhil Sangam	"	P	.	.	
21.	Shreetha Rai	III B.com(B)	P	P	P	P	P	P	P	F
22.	Ashwini A.V	II B.B.A	.	P	P	P	.	.	.	
23.	Indusha N	"	.	P	P	P	P	.	.	
24.	Kavana. P	I B.Sc	P	P	P	P	P	P	P	F
25.	Ananya. A.	"	P	P	P	P	P	P	P	F
26.	Goutham. B.	III B.A	
27.	Anyashree	III B.Sc	
28.	Deepshetha T.T	I B.Sc	P	P	P	P	P	P	.	
29.	Supriya C.H	II B.B.A	
30.	Jasreena Thomas	I B.com(A)	.	.	P	
31.	Bruthi P.T	I B.com(A)	.	.	.	P	.	.	.	
32.	Monisha B.N	II B.Sc	
33.	Ath. B. P	III B.com	.	P	.	.	.	P	.	P


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34.	Veena. M.	II B.Com(A)	.	P	.	P	P	.
35.	Talyaba	II B.B.A	P	P	P	P	P	P
36.	Selvaraja. B.	II B.B.A	P	P	.	P	P	P
37.	Geetha K	II B.Com(A)	P	P	P	P	P	P
38.	Athiyama davan	"	P	P	.	P	P	.
39.	Anushree T	"	.	P	.	P	P	P
40.	Kavitha. K. Nair	"	P	P	.	P	P	P
41.	Anjali A	"	.	.	.	P	P	.
42.	Anya Thomas	"	P	P	.	P	P	.
43.	Akshatha. S.	II B.Sc	.	.	P	P	P	.
44.	Charuchama	II B.Sc	P	P	P	P	P	P
45.	Trupti. P. S. IBS	II B.Sc	P	P	.	P	P	P
46.	Nekhel	II B.Com	P	.	.	.	P	.
47.	Keerthi	"	P	.	.	.	P	.
48.	Akshith	"	P	P
49.	Anuhashetty	I B.B.A	P
50.	Keerthi kumar. N.	P
51.	Manimaran	P

[Signature]
Signature of C.C. Incharge

[Signature]
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Sullia D.K. - 576

18-19

NEHRU MEMORIAL COLLEGE, SULLIA
Department of physical Education

Certificate course on yoga and meditation

Questions paper

Maxi. Mark 25

- 1 Write note on term yoga? 4
2. How can yoga help with stress management? Explain 7
3. What are the health benefits of meditation? 7
4. Mention the benefits of any three asanas. 7

M. S. S. S. S.
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NEHRU MEMORIAL COLLEGE

Kurunjibagh Sullia D.K.

Department of Social Work

On account of World Mental Health Day

Social work Forum, NMC Sullia and Department of Psychiatry KVGMCH, Sullia

Organizing

Programme on Mental Health Awareness

Date : 14-10-2022

Time : 10-30am

Venu : Auditorium, NMC Sullia

- President : **Prof. Rudrakumar M.M.**
Principal, Nehru Memorial College Sullia
- Guest of Honour : **Prof. Balachandra Gowda M.**
Academic Advisor, NMC Sullia
- Resource Person : **Dr. Poonam**, Prof. and HOD, Dept of Psychiatry
KVG Medical College
: **Dr. Krithishri Associate** Prof, Dept of Psychiatry
KVG Medical College
- Presence : **Mrs. Rathnavathi D.**
Student welfare officer, NMC Sullia
: **Mrs. Mamatha K.**
IQAC Co ordinator, NMC Sullia

All are cordially invited

Mrs. Shoba A.
Convener, Social Work Forum

Mrs. Kripa A.N.
HOD, Dept. of Social Work

Staff and Students, Dept. of Social Work
NMC Sullia

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NEHRU MEMORIAL COLLEGE

KURUNJIBAG, SULLIA, D. K. - 574 327
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MINUTE BOOK

Department / Committee / Association :

Agenda

Place : Nehru Memorial college Sullia, College Auditorium

Date : 14-10-2022

Time : 10-30 am

Members Present

Sl. No.	Name	Signature
1.	Prof. Balachandra Gowda. M.	
2.	Dr. Poonam	
3.	Dr. Kretishri	
4.	Mrs. Rathnavathi. D	
5.	Mrs. Mamatha. K.	
6.	Mrs. Kripa. A. N	
7.	Mrs. Shoba A.	Shoba A.
8.	Dr. Anushi	Anushi
9.	Deepak Kumar	Deepak
10.	Ashwini . B. T	Ashwini B. T
11.	Deepa . A. J	Deepa
12.	Preethika. K	Preethika
13.	Praneetha. K. C	Praneetha
14.	Prapthi . K. C.	Prapthi
15.	Gana . B. D	Gana B. D
16.	Reena Marila	Reena
17.	Princimaxy K. T.	Princimaxy
18.	Varshini. C. V	Varshini
19.	Meheena Shubin	Meheena Shubin
20.)	Samanvi . H. J.	Samanvi . H. J.
21.	Shreyashri. A. S	Shreyashri. A. S.
22.)	Linishree. P. R	Linishree. P. R
23.)	Chaitanya. S	Chaitanya. S

Minutes of the meeting

24) Priyanka M.A	Priyanka
25) Nishmitha DA	Nishmitha
26) Jameen Hasan	Jam
27) Khadeejah Mufeeda	Muf
28) Ayishath Afiya	Afiya
29) Jesmitha Y	Jes
30) Pragya C.A	Pragya
31) Sedika R.S	Sedika
32) Srinano K.M	Srinano
33) Lipika A.J	Lipika
34) Lohani K.M	Lohani
35) Lavanya O	Lavanya
36) Madhushree P.T	Madhu
37) Prajna B.M.	Praj B.M.
38) Sowjanya M.S	Sowj
39) Hamsa S.	Hamsa
40) Thirupathi P	Thi
41) Prajna N.P	Praj
42) Ananya B.	Ananya
43) Priya K.T	Priya
44) Anvika C.C	Anvika
45) Deepthi M.A	Deep
46) Karshitha B.N	Karshitha B.N
47) Deepthi A.N	Deep
48) Sinehara A.R.	Sinehara
49) Manvitha A	Manvitha
50) Chaitanya M.	Chaitanya
51) Sushaila	Sushaila
52) Prathika K.H	Prathika
53) Nuthi B.P	Nuthi
54) Dhanya G.N	Dhanya
55) Fatima Ibrahim M.	Fatima
56) Keerthi R. Shel	Keerthi
57) Ayishathul Hafeeza K.A	Hafeeza
58) Najeesathul Misriya	Misriya
59) Akshatha G.D	Akshatha
60) Chandana P.	Chandana

N. Madhusudan
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MINUTE BOOK

Department / Committee / Association :

Agenda

Place :

Date :

Time :

Members Present

Sl. No.	Name	Signature
61	Thulasi II BBA	
62	Niveditha B.S II BBA	
63	Lathashree.D III BA	
64	Lavanya K.W III BA	
65	Rakshita.T.O III BA	
66	Akshatha.M.P III BA	
67	Chathanya.K. III B.A.	
68	Manohari Y.R III B.A	
69.	Valchau.D.V. III BA	
70.	Dhanyashree.N. III BA	
71	Krishnavar E.V II.B.A	
72.	Nisha K.Y I.B.B.A	
73	Ayishath Thaseeka II BA	
74.	Korithika B. II B.COM.	
75.	Rathna Sachana II B.COM.	
76.	Vaishnav? II B.COM.	
77	Hansitha M.R I BBA	
78.	Kavana.A.S S BBA	
79.	Raksho B.P. II B.COM.	
80	Anchana II B.COM.	
81	Dimple N.D I BSW	
82	Divya.B I BSW	
83.	Meghana S II BSW	

Minutes of the meeting

84	Ashwini. K.J.	II BSW	Ashwini J.
85	Sushmitha. M.S	II BSW	Sushmitha. M.S Ajmal B.H
86	Jyoth. B.H	I BSW	Charitha A.V
87	Charitha. A.V	I BSW	Shachana. N.C.
88	Shachana. N.C	I B.S.W.	AK
89	Akhil. A.I	I. B.Com	Kripa
90	Pineel Anand K.K	I. B.S. W	Mithun
91	Mithun. P.R	I. B.com	AK
92	Shreyas.S.	I. B.com	AK
93	Konshik. K.V.	J. B.com	AK
94	Arundh-K	I. B.com	AK
95	Jeeshnu. B.R	I. B.com	AK
96	Amushi. J	I. B.com	AK
97	Kirtan. D	I B.com	AK
98	Sandeep. K	I B.com	Sandeep K
99	ROHITH. R	I. B.com	AK
100	Sijal	I B.com	Sijal. K.M
101	Mahammad Afuz	I B.com	Afuz
102	Shrin. S.A	I B.com	AK
103	Roshan. B	I. B.COM	Roshan D
104	MAHAMMAD NIZAR	I B.COM	AK
105	Mahammad Harshak.	I. B.com	AK
106	Dihya. A.A	I. B.com	AK
107	Alishanth. A.V	I. B.com	Alishanth
108	Lawrence	I. B.com	AK
109	Vasbhav. M.J	I. B.com	Vasbhav M.J
110	Adithya. D.K	I B.com	Adithya
111	Sohan. Dev B.J	I. B.COM	AK
112	Akash. P	I. B.com	AK
113	Ar. B. V. S. L	I. B.COM	AK
114	Deekshith. M.	I. B.com	AK
115	Gagan. C.P	I. B.com	Gagan C.P
116	Hanshikha. K.B	I B.com	Hanshikha
117	KAVAN. H.F	I. B.com	AK
118	nishchith	I. B.com	AK
119	Sachin. Y.C	I. B.COM	Sachin
120	Arachshith. A	I. B.com	AK



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MINUTE BOOK

Department / Committee / Association :

Agenda

Place :

Date :

Time :

Members Present

Sl. No.	Name	Signature
120	Kaithik. K. R	Kaith.
121	Haruthik. K. K	Haruthik
122	Joshi Babu	Joshi
123	Murali Krishnan	Murali
124	KARTEL M NAIR	KARTEL
125	Raksha G.R.	Raksha
126	Kulashree B.	Kulashree
127	Yashaswi	Yashaswi
128	Pallavi R C	Pallavi
129	Namitha - K. N	Namitha
130	Shashmi.T.V.	Shashmi
131	Deepshikha A	Deepshikha
132	Sandeep. B	Sandeep
133	Mokshith M.S	Mokshith
134	Akshay. K.	Akshay
135	Mokshith M. K.	Mokshith
136	Wiproin. M.M.	Wiproin
137	Rohith P	Rohith
138	Abhishek. K.L	Abhishek
139	Sampath Kumar. P. V	Sampath
140	Dakshay D.S	Dakshay
141	Ajith. J	Ajith
142	Chandani R.N	Chandani

Minutes of the meeting

- | | |
|-----------------------|------------------------|
| 143] S'has kante. PV. | Barun K. P. |
| 144) Sonali S | R. S. |
| 145) Bhavya. P.M | P. S. |
| 146 Chetralekha M | S. S. |
| 147 Taran. S. S. | S. S. |
| 148. Sojeer K. A | S. S. |
| 149.) S. N. Sonali | S. S. |
| 150) Raviish. K | S. S. |
| 151) Nishanth. A-D | S. S. |
| 152) Krithi K.M. | S. S. |

M. S. S.

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